

HANDY OUTLINES

DOMESTIC
MEDICINE

OF USEFUL KNOWLEDGE

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"Handy Book of medical
Information and advice."
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DOMESTIC MEDICINE:

PLAIN AND BRIEF DIRECTIONS
FOR THE TREATMENT REQUISITE BEFORE
ADVICE CAN BE OBTAINED.

BY

OFFLEY BOHUN SHORE,

DOCTOR OF MEDICINE OF THE UNIVERSITY OF EDINBURGH,
MEMBER OF THE ROYAL COLLEGE OF PHYSICIANS OF LONDON,
PHYSICIAN TO THE STAMFORD AND RUTLAND INFIRMARY,
LATE PHYSICIAN TO THE DERBYSHIRE GENERAL INFIRMARY,
ETC., ETC., ETC.

EDINBURGH:

WILLIAM P. NIMMO.

TO

SIR JAMES Y. SIMPSON, BART.,

M.D., F.R.S.E.,

PROFESSOR OF MEDICINE AND MIDWIFERY IN THE UNIVERSITY OF EDINBURGH,
AND PHYSICIAN ACCOUCHEUR TO THE QUEEN FOR SCOTLAND,
ETC., ETC., ETC.

THIS VOLUME IS DEDICATED,

(BY PERMISSION,)

AS A MARK OF GRATITUDE FOR THE CELEBRATED DISCOVERIES

WHICH HAVE CONFERRED SUCH GREAT

BENEFITS UPON THE WORLD,

AND OF THE RESPECT FELT FOR HIM,

BY HIS OLD PUPIL,

THE AUTHOR.

PREFACE.

THE object the author of this little work has in view, is to try and present to the *non-medical* part of the public a short and simple account of what should be done in illness, *preparatory to the arrival of the doctor*. There are, of course, some cases which do not require medical attendance, but the great and often fatal mistake made is the depending upon family recipes or books on domestic medicine, until the symptoms grow urgent, and then, but not till then, the doctor is sent for, to arrive, alas ! often too late, or to find some sad mistake has been made.

In the absence, as a rule, of the simplest knowledge of the elements of the theory and practice of medicine, on the part of the public,

the prevailing habit of *doctoring at home* cannot be too strongly condemned, as being fraught with the greatest danger to the patient, and decidedly opposed to economy. The sooner the medical attendant is consulted, the better it will be for the future welfare of the patient; on the other hand, the more home-doctoring is practised, the more quacks are consulted, the quicker will the unfortunate patient become the victim of chronic ill health. There is nothing more pernicious than the habit of taking medicine for every slight ailment, when nothing is in many cases needed but proper attention to diet and exercise, &c.

All the works on domestic medicine that have hitherto been published, are far too full of detail. The present work aims at simply a brief description of the *treatment* required. It may be considered *too* brief, but it is *intended* to give the shortest and plainest directions, so that no harm may be done ere the arrival of the proper medical attendant.

The plainest names are made use of, and all diseases which are complicated in their symptoms are not mentioned, to prevent perplexing the reader. It need hardly be said that the

patient should not be experimented upon in these cases, but the doctor sent for immediately.

The alphabetical arrangement being used, an index is not necessary.

The work is divided into four parts, as follows:—

Part I. contains the treatment of the more common diseases.

Part II. contains hints to be followed in cases of emergency, bleeding, drowning, poisoning, &c.

Part III. contains advice regarding the management of the sick-room, including the preparation and application of certain remedies, &c.

Part IV. contains suggestions as to the preservation of health (diet, exercise, sleep, climate, &c.) &c.

This work is necessarily *partly* a compilation; and I beg here to acknowledge with many thanks, the assistance which I have derived from many of the leading works on medicine, &c., including a work on Domestic Medicine, by a Physician, “Dr Graham’s Domestic Medicine,” “Reynolds’s System of Medicine,” &c.

The symptoms, diagnosis, &c., of the various

affections, have not been entered into, as a rule, because very few people ever study medicine as a science; they require a book of reference for use in cases of emergency, and if they do not know what is the matter, a hurried glance over a series of symptoms is not likely to make them much wiser. In such cases the simplest means must be taken, until advice can be obtained.

CLIFTON HALL, ASHBORNE,
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will be wiser to take it than to open the abscess at hazard, as it is often inadvisable to do so.

ACIDITY.

The *cause* must be ascertained, if possible, and removed, before we can expect to prevent a return of the symptom. The diet will generally require to be regulated, and some particular article, or articles, omitted for a time at least. Perhaps the individual may be leading too sedentary a life, and exercise on horseback may be good for him, or more walking exercise be required. As medicines, the effervescing magnesia, or the fluid magnesia, (Dinneford's,)* will be found simple and grateful for the time; or half a tea-spoonful, or a whole one, of sal-volatile, may be taken in a wine-glassful of water, adding as much carbonate of soda or potash as will lie upon a sixpence. And either of these may be repeated twice or thrice daily.

If an aperient is required, one of those mentioned under the head of "Confined Bowels" may be taken.

AGUE.

The three distinct stages—the cold, the hot, and the perspiring—which occur in a well-marked attack, must be carefully attended to, in the absence of medical advice, as follows:—

At the onset, a purgative—for an adult, half an

* The doses are marked on the bottles.

ounce or an ounce of castor oil, a dose of fluid extract of senna, (dose on the bottle,) a seidlitz powder, &c.,—may be given if the bowels have not been recently relieved. If, however, the patient be in a weak condition from any cause, none should be given—nature will come to the rescue in ample time.

During the cold stage, beyond seeing the patient has sufficient bed-clothes, interference is not often called for, and most sufferers prefer to be let alone. Hot drinks, as weak tea, barley-water, &c., will, however, generally be grateful to all. If the stage is unusually protracted, or the vital powers become so depressed as to be unequal to reaction, *then* the external application of warmth—by means of hot-water bottles, hot flannels, &c., to the feet, calves of the legs, and body—and the use of stimulants may be required. The best and safest stimulant to be used before the medical man arrives is, perhaps, sal-volatile, in doses of fifteen to sixty drops (for an adult) in a wine-glassful of water, beginning at the lower dose, and increasing by five or ten drops at a time if required, and given every half hour or hour. If this is not at hand, a tea-spoonful of brandy or port wine; the same quantity of water.

In the hot stage, the opposite plan must be pursued; but little interference is called for in like manner. The bed-clothes should be removed as reaction advances; cooling drinks (as lemonade, cold water, &c.) may be given, if they are relished

or called for, which is seldom. When the uneasy feelings of the patient have abated, the perspiration should be restrained *cautiously*, not suddenly, by drying carefully with towels, changing the linen, and getting him up out of bed. If the patient be debilitated from any cause, he should be watched when the perspiring stage begins, lest symptoms of fainting should appear, in which case beef-tea, broths, egg beat up with a table-spoonful of wine, champagne, soda-water with a table-spoonful of brandy, &c., should be promptly given.

During the intervals of the attacks, great attention should be paid to the support of the patient, so as to prepare him for the ensuing attack.

As soon as the patient has recovered, he should, if possible, be removed from the district where he caught the disease. A nutritious diet, abundance of exercise, pure air, and pure water, are powerful curative means. The careful use of some hydro-pathic means for restoring the function of the skin is strongly to be recommended; a walking tour on the mountains of Scotland, or, better still, a season or two on the moors, will do much to work the poison out of the system. Great attention should be paid to clothing, which should be warm, particularly on first coming into high latitudes.

The *medical* treatment is *most* important; but must never be left to unskilful hands.

APOPLEXY.

The treatment must be directed to the predisposition to an attack, and to the attack itself.

1. *Predisposition to an attack.*—When such exists, the individual should avoid strong bodily exertion, excitement of any kind, the stimulus and irritation of anything approaching to drunkenness, violent mental emotion, exposure to extremes of temperature, straining at stool, long-continued stooping, tight neckcloths, and warm baths. He ought to observe a moderately spare diet, free from alcoholic drinks; heavy meals being bad, partly because an over-loaded stomach will obstruct the circulation by its pressure, and also for the reason that any sudden increase in the quantity of blood may cause a diseased blood-vessel to give way. He should sleep with his head high, on a mattress rather than on a feather-bed, in a cool, well-ventilated room, and for not more than eight hours. He ought to take daily exercise in the open air, and must pay great attention to his bowels. Washing the head in the morning with cold water is often useful. When giddiness, headache, throbbing of the arteries of the head, and bleeding at the nose are present, much benefit will result from an active aperient, as castor oil, (half or one ounce,) &c. On the contrary, when there is debility, food easily digested, and plenty of milk, together with tonics, recommended by the medical man, will be needed.

2. *Treatment of an attack.*—Loosen the clothes, especially those about the neck and throat, and send *at once* for the doctor. Meanwhile, remove the patient into a cool, well-ventilated room, raise the head above the level of the body, and apply cold to the head, either by means of rags dipped in water—never allowing them to become warm—or by ice in a bladder, &c. The diet will require great care when the patient is reviving. Only very small quantities of milk, beef-tea, &c., must be given until he is able to digest more.

Supposing the patient to recover from the fit, great care will be afterwards required to prevent a second attack. Strong medicines, great excitement, or much mental occupation are to be avoided. The diet ought to be light but nutritious; milk is useful, taken to the extent of a pint and a half or two pints in the day; and, as a rule, only French wines should be allowed.

ASTHMA.

During the fit we first have to try and remove the *cause*, as by giving an emetic of mustard and water where the stomach contains an undigested meal, or administering an aperient, as castor oil, half an ounce or an ounce, or a seidlitz powder, &c., if the bowels are confined. *Then* our efforts must be directed towards relaxing the severity of the spasm, and for this purpose various remedies are useful in different

cases, most of which, however, should not be used by unskilful hands, or without the express directions of the medical attendant. Until his arrival, the following may be tried:—To a patient *unaccustomed* to smoking, *a pipe of Latakia*; this soon produces exhaustion, while directly the feeling of nausea comes on, the attack ceases. This remedy is often very useful in preventing an attack when one is impending. Stronger tobacco should be used by inveterate smokers. *The fumes of burning filtering or blotting-paper, which has been soaked in a saturated solution of nitre, and dried*, afford much relief in some cases; and, lastly, there are instances where palliation is soonest obtained *from a stimulant*, as a glass of whisky or brandy toddy, or a cup of very strong coffee. The danger of giving the former is the liability to start the propensity to drink; it should, therefore, never be given to any one liable to go astray, or at all, if any other remedy will produce relief. A mustard poultice over the front of the chest is often effective. Sometimes an attack may be arrested by taking off the patient's coat and waistcoat, and exposing his back to the heat of a good fire.

Our treatment in the interval of the attacks must be directed to improving the general health, by a regular mode of life, such tonics as the medical man advises, and the daily use of the cold shower or sponge bath—the water being at first used tepid or warm, if the system is not strong, and the tem-

perature gradually reduced to cold, which is by far the best when it can be borne; to laying down rules as to diet, so as to obviate attacks of indigestion; to so ordering the times of the various meals that the process of digestion may be finished before bedtime; and to choosing a climate, the opposite to that in which the fits come on—such as London air for those who are worst in the country, and the reverse.

BALDNESS.

The baldness of elderly people, arising, as it does, from a general and gradual loss of power, is in most cases irremediable. But in younger people, where it arises from debility after fever, &c., the organs which secrete the hair usually remain entire though inactive; and then by giving tone, locally and generally, a cure may be effected. The remedies, therefore, must consist of such agents as will aid the digestion of nourishing food, such as Pepsine wine, as well as of tonics and cod-liver oil—of which latter teaspoonful doses are much more useful than larger quantities—while stimulants are used locally to excite the circulation through the scalp. Amongst the latter agents may be mentioned, brushing, kneading, and friction of the scalp. Appropriate liniments, &c., will be recommended by the medical man. In addition, the hairs which have not fallen ought to be cut short, those especially which appear withered and split being clipped close to the skin;

while the scalp is to be well brushed, care being taken not to injure the downy hairs. (*See also* “Hair Coming Off.”)

BILE.

INCLUDING BILIOUS HEADACHE, BILIOUS FEVER,
BILIOUS DIARRHŒA.

Bilious Headache.—Those who are apt to be thus affected should exercise great caution in the matter of food. All rich articles ought to be avoided; nor should less care be exercised in regard to what is chosen for drink. Plainly-dressed and well-cooked meat, and not much of it, should be taken in preference to highly-dressed food—as stews, pastry, and malt liquors; farinaceous food; and for drink, a glass of sherry in water, or the lighter wines, are more suitable. If tea and coffee disagree, milk or cocoa may be substituted. The bowels must be carefully regulated. It is surprising how much may be done in this way without having recourse to medicine. By due attention to diet and regimen, the healthy action of the body may often be maintained. (*See, on this subject, remarks in Part IV.*) For the relief of the headache, however, a dose of laxative medicine will generally be found indispensable—let it be of salts, or salts with senna; but these or other purgatives should not be taken too often, they soon weaken the patient very much. Far better, by attending carefully to diet, &c., to avoid

the attack which leads to their use. Cold may also be applied to the forehead, and while the headache lasts in a severe form, let the patient practise abstinence. When the headache has departed, if appetite speedily returns, as it sometimes does in a keen degree, let there be indulgence to a limited extent, and, for a time, only in what is simple and of easy digestion.

Bilious Fever. See FEVERS.

Bilious Diarrhæa. See CHOLERA.

BLADDER, SPASM OF.

To relieve the spasm place the patient in a hot bath immediately, and keep him there, supplying fresh hot water when required, until he is relieved, or he becomes at all faint or fatigued. Then put him into a bed which has previously been well warmed, and keep hot cloths, hot salt, hot bran, or hot tins applied to prevent a return of the pain if possible; and as the medical treatment is of great consequence, lose no time in summoning the medical man.

When the spasm has passed off do everything possible to prevent a return. In every case the diet is to be regulated. Simple nourishing food, the avoidance of all stimulants, and a free supply of mild mucilaginous drinks should be ordered. Flannel should be worn next the skin as a protection from sudden changes of temperature; while the patient must avoid all violent excitement or exercise.

If an aperient is required, the effervescing magnesia, or castor oil, will probably be the most suitable.

BLISTERS.

If large and full of fluid, they had better be punctured with a *needle*, (not a pin,) and the contents allowed to escape. The blister should not, however, be squeezed much so as to force *all* the fluid out, because that process may give rise to irritation, and prevent the rapid healing of the part. The blister should be covered with dry lint, or lint dipped in cold water and covered with oiled silk, the lint to be kept wet by re-dipping two or three times in the day; these applications to be left off when the part becomes covered with fresh skin. As the old skin separates, it had better be removed with a pair of sharp, clean scissors.

The blistered part should be kept quiet if possible, as motion tends to prevent healing.

If the blistered surface is painful, the cold water application will probably be sufficiently soothing; but should it not be so, from five to ten drops of *tincture of arnica* may be added to the water, a wine-glassful of water being used so as not to dilute the arnica too much. This remedy must not, however, be used by unskilful hands. Some people are accustomed to its use, and to them, but to them only, may it safely be intrusted. Should any symptoms

of inflammation, as increased heat, redness, and swelling accompany its use, it must be at once left off and cold water alone used.

BOILS.

Great attention should be paid to *diet* and *cleanliness*. All food liable to disagree should be avoided. Poultices to the boils are often desirable; these should not, however, be continued longer than necessary, as they are apt to produce irritation of the surrounding skin. The boil must be opened by a medical man if it appears inclined to spread and not to burst of itself. Small doses of cooling medicine are necessary when there is any fever, &c. The effervescing granular citrate of magnesia is a very nice form to use, as the dose can be regulated so as to act as an aperient if the bowels are confined—directions are given on the bottle.

The diet must be carefully regulated, plain food only being allowed; if there is much fever, the diet usual in fevers will be the best. Tonics may be necessary, but a medical man must decide this point, and as to which is most appropriate. Alterative medicines are often desirable. A safe and effective one is an electuary of golden syrup and flowers of sulphur, (the old brimstone and treacle,) the sulphur being gradually added to the golden syrup until a sufficient consistency is arrived at, equal parts of each generally agreeing well; dose—a teaspoonful

in the morning before breakfast; a little ginger may be added to prevent any chance of gripping. The dose of the electuary may be increased or diminished according to the effect produced.

The following ointment has certainly very frequently been of use in preventing the progress of boils and of soothing the pain; but there are doubtless others which are equally efficacious. It may be tried before resorting to a poultice; a little should be rubbed gently over and around each boil, night and morning, or some of the ointment may be applied on a piece of soft linen, an aperture being cut out so as to avoid pressing on the top of the boil. A chemist will make it up:—Honey, twelve ounces; Seville oil, half-a-pint; bees wax, four ounces; diachylon, made up with gum, six ounces.

Set the oil on the fire in a pipkin; the diachylon and wax must be then put into the oil; let it simmer till dissolved, then pour it on the honey. Stir till cold.

Half, or a smaller portion, could be ordered, if wished.

BOWELS, CONFINED. *See* CONFINED BOWELS.

BOWELS, SPASM OF. *See* COLIC.

BREATH, UNPLEASANT.

This most disagreeable affection may be alleviated or cured by one or other of the following remedies,

provided that the teeth do not require a dentist's assistance. Dinneford's *fluid magnesia*, (directions with bottle.) *Chlorine water*, as supplied by a good chemist, a tablespoonful to half a tumbler of water, to be used as a wash and gargle for the mouth; no harm will be done if a few drops are accidentally swallowed in so doing. Charcoal in tea-spoonful doses of the powder, or as charcoal biscuits. The use of prepared chalk as a tooth-powder. Or of a solution of a preparation of coal-tar, called *Liquor Carbonis Detergens*, as a wash for the mouth; directions are sold with the bottle.

It must not be forgotten, however, that the unpleasant breath may arise from a disordered liver and stomach, so that, if this is the case, the diet and bowels must be carefully regulated, in addition to taking the fluid magnesia, &c. A medical man should be consulted if these simple means are not sufficient.

BREASTS, THE.

To send away milk after confinement.—Rub three times a day—with the hand—with brandy and oil, about two parts of sweet oil to one of brandy, until the chances of inflammation supervening are over, *i.e.*, until the breasts are quite soft, free from lumps and pain, and of a more natural size. It will be a week or two perhaps, after all chances of inflammation are gone, before the breasts will return to their natural

size. After each rubbing the breasts must be carefully protected from chill.

To prevent inflammation coming on in the breasts, if cold is accidentally caught after confinement, and the milk is to be RETAINED.—Keep the breasts very warm. A good plan is to get two small basins, just large enough to cover each breast, and, having warmed them to prevent a chill, to line the inside of them with a fold of flannel which has been wrung out of boiling water; they should then be applied over the breasts, and will afford a very soothing vapour bath. The flannel may be changed before it gets cold, and it will be advisable to have a second set of flannels *ready to put on*, and so prevent any chance of chill. This application had better be continued until the pain is relieved, if there is any inflammation present; if used as a *precaution* only, it may be applied once or twice daily, and care be taken to keep the breasts well covered with flannel between times.

A sponge may be substituted for the flannel, if wished.

If pain in the bowels accompanies the breast pain, or is present at this period, it will be much relieved by rubbing with the brandy and oil as above.

These remarks are made because no advice may be at hand, but in most cases the attending medical man will give the necessary directions.

BRONCHITIS.

It will be readily understood that a considerable variety of treatment is required according to the age and constitution of the patient, and the degree of severity of the disease; also, according to the particular period or stage of the complaint. In those cases which are attended by febrile excitement, confinement to bed is to be recommended; while the diet should be simple but nourishing, for the disease soon reduces the patient, as beef-tea, milk-arrowroot or gruel, tea with milk, barley water, &c.; while, if there be signs of debility, white wine whey will prove a good restorative, and in these cases the nourishment should be given "little and often;" even a few tea-spoonfuls every half-hour will be taken sometimes when larger quantities would be refused.

The temperature of the room may vary from sixty-five degrees to seventy degrees Fahrenheit; and it is beneficial in most cases to have the air moist, as recommended in diphtheria.

At the outset an aperient had better be administered unless the bowels have been free previously. The granular effervescing citrate of magnesia is a convenient medicine as before alluded to, and when the bowels have been moved, smaller doses may be given every three or four hours as a saline or fever medicine. Castor oil, &c., may be substituted for the above as an aperient, if wished.

Counter-irritation by mustard poultices, or by cloths wrung out of very hot water and sprinkled with turpentine, or even wrung nearly dry out of the turpentine alone, applied over the chest, back, and front, will be found useful from the very earliest period. The inhalation of the steam of hot water is also often very effective, and may be used at the same time; the steam may be inhaled through a proper vessel sold by the chemists, or from a common jug, a towel covering the space at the top, but leaving an aperture for the mouth.

For bronchitis in children, see HOOPING-COUGH.

In the more chronic forms of bronchitis, the treatment much depends on the general state and habit of body of the person affected. The following advice, may, however, be considered as of pretty extended application:—The diet should be light; gentle exercise should be pursued, great care being taken to avoid cold and damp. The patient should wear flannel, and regularly sponge the chest and shoulders, in winter with tepid, in summer with cold water. The bowels should be carefully regulated. The inhalation of simple steam is generally grateful; while counter-irritation, as recommended in the more acute attacks, gives great relief.

A medical man should be sent for on the earliest signs of the disease; for the chronic is often as dangerous as the acute form.

The habit of giving innumerable *cough drinks* or potions is most injurious to the patient, upsetting

his feeble powers of digestion, and rendering him more liable to be overcome by the disease. Spanish juice, taken in moderation, is often extremely useful for alleviating the severity of the cough, but all other cough medicines should be prescribed by the medical man.

CANCER.

It need hardly be said that the advice of a good surgeon should be obtained as soon as there is the *slightest suspicion* of there being anything wrong. Early and prompt treatment has saved many lives, and prolonged others; so that it is folly to wait until the disease is pronounced beyond all doubt. Although the treatment in the main must rest with the surgeon, much may be done by the relatives in providing a careful and experienced nurse; well-ventilated apartments in an airy and healthy situation, where the water is pure and unadulterated by sewage or other deleterious matters; cheerful society, for the patient should never be allowed to get low-spirited, &c.; a generous, nutritious diet, with or without wine as may be advised; and, in short, every means that can be devised for keeping up the health and spirits.

Where the cancer is very painful, and no advice is at hand, lemon-juice—with or without a wine-glassful of water—in doses of a desert or table-spoonful twice or thrice daily, may be taken, and

rag applied over the swelling, soaked in a *strong* portion of the juice. This has been found of very great use. If lemon-juice does not answer, obtain some *citric acid* from the chemist, and make a strong solution of it; add the acid to some water—say a tumblerful—until it won't dissolve any more, and use this instead of the lemon-juice to *soak the rags* in. Continue the lemon-juice *internally*.

BRUISES. *See ACCIDENTS, PART II.*

BURNS AND SCALDS. *See ACCIDENTS, PART II.*

CHEST, INFLAMMATION OF.

Bronchitis, as already treated of, comes under this head; but that affection is well known to most people, and therefore is named. Inflammation of the chest, to non-medicos, is a severe cold attacking the chest, attended with great listlessness and debility, and often with difficulty of breathing; but has not the cough, &c., of bronchitis. If, however, the distinction is not understood, it will matter little; for the great points to attend to are to apply *warmth* to the painful part, either by means of hot tins, &c., as suggested, or by a large linseed-meal poultice, so as to *encircle the chest*, and renewed *before* it gets cold, (to keep up the heat,) until the pain and breathing are relieved; and to supply nourishment as in bronchitis. Many cases recover

perfectly without any medicine whatever ; but this entirely depends upon the nature of the case, and must be left to the skill of the medical man.

CHEST, SPASM OF.

This is a species of neuralgia, affecting the heart ; and the subjects of these spasms must be very careful in their *diet* ; should not take too much or violent exercise, walk too fast up-hill, run up-stairs, or subject themselves to shocks of any kind. Every means should be taken to support the general strength, such as fresh air, a generous, but *not* stimulating diet, &c.

The spasms will cease on the patient resting when they have existed but a short time ; but the longer the patient lives, the longer will be the duration of each spasm, and considerable relief can be obtained from medicines in many cases. The medical attendant, however, must decide which is the most suitable, and any other details of the treatment which may require attention, according to the nature of the case and constitution of the patient.

Until the arrival of the doctor, a glass of wine, or half to a tea-spoonful of sal-volatile in water, may be given to relieve the spasm ; and the patient should always keep the medicine recommended *by him*, in order that it may be taken on the least threatening of an attack. Mustard poultices, cloths wrung out of hot water or turpentine, or hot bottles,

&c., applied to the chest and between the shoulders, will help to relieve the suffering. The bowels must be relieved if necessary.

Although *true* spasms of the chest arise from the heart, many are the result of *indigestion*, and are quite unconnected with danger. In these cases the diet and bowels require more attention than ever; and if the spasm is caused by indigestion, it will soon disappear.

CHICKEN-POX, (OR WATER-POX.)

A simple affection, differing widely from small-pox in the symptoms and appearance of the eruption, and requiring but little treatment. Confinement to bed, in very mild cases to the house or a single room, care in respect to diet, and the employment of a mild laxative once or twice during the progress of the complaint, is all that is required. (The effervescing magnesia already mentioned, or the lenitive electuary, will answer well.) As the affection is contagious, the sick should be isolated if possible.

If any doubt exists as to the nature of the affection, send for the medical man.

CHILBLAINS.

These troublesome accompaniments of cold wea-

ther will generally yield to some of the following applications :—

1. Soft linen thoroughly soaked in cold water, covered over with a piece of oiled silk, a trifle larger than the piece of rag, acts by equalising the temperature of the part, and so greatly diminishing the tendency to the formation of chilblains.

2. Guard against severe and sudden alternations of temperature, and abstain from the common practice of exposing the affected part to the fire. Wash-leather socks, and gloves lined with wash-leather, or woollen socks and gloves should be worn. Soap-plaster spread upon linen is an excellent means to keep the chilblains unbroken. If they ulcerate, the cold water compress, as advised above, is the best application.

3. Cut some diachylon plaster in narrow strips of about half an inch each, and strap the chilblain firmly with them. This is better than any liniment. Plenty of exercise in the open air should be taken, and a generous, plain diet is very necessary. Tonics are sometimes required, to prevent their returning.

4. Rub gin on the chilblain (if unbroken) for some minutes, and wrap the foot in linen saturated with it. Wear slippers with warm lining, and get as much exercise as possible.

5. Fill a stone bottle with boiling water, and hold the affected parts to it, (enduring the pain as long as possible,) repeating the application until the

peculiar sting it produces leaves the part. The swelling will gradually subside, and the chilblain be cured.

6. Dip a piece of chalk in vinegar, and rub the chilblain, (if unbroken.)

7. Foment with very hot water for twenty minutes, then rub with spirit of wine or brandy.

8. Apply tincture of arnica, pure if it does not give rise to irritation, and if the chilblain is not ulcerated, diluted with an equal quantity of water, if the pure tincture inflames the part. If, however, there is the *slightest* abrasion of the skin, not more than from five to ten drops of the arnica, in a wine-glassful of water, should be used.

9. Apply chloroform to the parts, or an ointment composed of glycerine and hog's-lard, with a little chloroform added. The chemist will make this up.

10. Apply tincture of iodine with a brush or feather. Like arnica, this must not be repeated if it *increases* the irritation, and not used at all if there is any ulceration, &c.

If none of these answer the purpose, the medical attendant will probably be able to prescribe an effective application. None of them will, however, be very effective unless plenty of exercise be taken, the diet be regulated, and every means taken to improve the general health.

CHILD-CROWING, (OR FALSE CROUP.)

It is of great importance to distinguish between this disease and true croup. The *suddenness of the attack*, the child having very probably gone to bed in perfect health; the absence of fever; the complete freedom of breathing (*as a rule*) during the intervals of the paroxysms; the knowledge that teething is in progress, and has, moreover, been difficult, or that worms are troubling the child, or that an eruption on the scalp is present; finally, and very important, that the child has previously suffered from the disease, for it is liable to return, serve to distinguish this affection from *croup*.

The opinion to be formed as to the result, in *these* cases, is undoubtedly favourable, more so than what is formed in the inflammatory disease (croup.) The great majority of those affected by *false* croup recover; but while this is true, the disease is not one to trifle with. It is really a perilous, as well as a terrifying, condition.

When the child is seized, place him as quickly as possible in a warm-bath (*see* article "Warm-Bath," in Part III.) While this is being prepared, let a sponge, previously dipped in hot water, be applied over the throat, and as the sponge cools, let the re-application be continued. A sudden clap on the back, or the dashing of a little cold water over the face and body, may suffice to undo the spasm, and these simple means should not be neglected. The

vapour of strong ammonia (or smelling-salts) held under the nose, may also be of use. If the attack seems to have resulted from an error in diet, if, as is not unfrequently the case in children older than mere infants, a surfeit has been taken, let an emetic be administered; this can be done while the patient remains in the bath. For this purpose the safest and best remedy is the wine of ipecacuanha, (*see* "Croup,") a bottle of which should always be at hand in every house where there is a sufferer from false croup or croup. If these means are insufficient to reduce the spasm, there are still others in the hands of the physician; but he must be present to execute them.

But something more is required than attention to the paroxysm itself. The tendency to it may continue. It then becomes a matter of importance to determine whether any cause, distant it may be, (that is, in a remote part of the body,) exists. If teething is painful and difficult, (*see* "Teething,") the gums must be lanced, (*see* Part III.,) though this must not be done without advice, for it is often performed when not really required, and is thus an increased source of irritation, instead of the opposite. If worms are present, some suitable remedy will be recommended by the doctor; and if there be an irritating scalp eruption, those appliances must be used which tend to soothe, or entirely remove it, (*see* "Eruptions on the Scalp.") If the child suffer from enlargement of the glands of the neck, or

presents other manifestations of the scrofulous constitution, the general health must, if possible, be improved, by such means as a nourishing diet, and remedies such as cod-liver oil, and others, as will be suggested by the medical man.

Lastly, and very important in the treatment, change of air, specially from an impure or damp to fresh and more bracing air, is oftentimes a powerful remedy. Nor need the removal be to a great distance. A mile or two is often sufficient. The child will be much benefited by being exposed to a cold dry wind at all times of the year, provided that he is warmly clothed.

It need scarcely be added, that the bowels must be carefully attended to.

CHOKING. See PART II.

CHOLERA.

By this term is meant the fatal *Asiatic cholera*. Summer cholera is a severe form of diarrhœa, attended with a good deal of vomiting and spasm, but devoid of some of the distinctive symptoms of Asiatic cholera. It is also not nearly so fatal.

Sometimes Asiatic cholera attacks so fiercely, that nothing can be done. The patient falls down insensible quite suddenly, having been previously in good health.

In a large proportion of cases, however, there is a premonitory diarrhœa of a few hours or days, and

this should be attended to *at once*. If the diarrhœa can be traced to any error in diet, to the taking of any indigestible food, to a late supper, &c., &c., a dose of castor oil to suit the age, should be given at once, to be repeated in four or six hours if the irritation has not subsided. If the diarrhœa still continue, the remedies mentioned under the head of "Diarrhœa" must be administered, and advice sent for immediately.

The *recumbent posture* is essential, and of itself will often greatly alleviate the diarrhœa; while, if there be any feeling of chilliness, hot tins, hot bran, or hot salt in bags, should be applied to the bowels, feet, thighs, armpits, &c. A hot-air bath may be substituted for these, and often with excellent effect. (See "Hydrophobia.")

If the patient is, notwithstanding the medical and other treatment, attacked with the true symptoms of cholera, such as severe purging of whitish-looking water, vomiting, cramps, &c., medical assistance is more than ever imperatively demanded. Heat must be kept constantly applied all over the body to reduce the spasms. Friction with the hand will often tend to relieve the cramps of the limbs, and if they are very severe, the application of a tight bandage round the limb and above the seat of cramp, may serve to relieve them altogether. If the purging is small in quantity, while the spasms and cramps, vomiting, &c., show the case to be a severe one, a dose of castor oil should be given

every four hours, until the purging is more abundant and the symptoms are relieved. If the symptoms *generally* are growing less severe, none need be given, as the attack will probably be declining. As patients of this class are generally quite conscious, and comparatively speaking, strong, the loss of nourishment through the inability to take anything, on account of the vomiting and purging, is not so much felt. Ice, iced water, chicken broth, (cool,) barley-water, &c., may be freely given, if desired.

The following method of treatment is *said* to have been very successful in Italy during the late epidemic of cholera. It is too much to expect it to be a specific method of cure; but *in the absence of advice*, no harm can be done in trying it.

As soon as a man is seized with cholera, he should at once lie down, be well wrapped up in blankets, and take, every five minutes, four drops of the *saturated spirits of camphor*, upon a piece of sugar.* In very severe cases the dose ought to be increased

* The ordinary spirits of camphor of the *British Pharmacopæia*, consist of one part by weight of camphor, to nine parts of spirits of wine; whereas the saturated preparation consists of equal parts by weight of camphor and spirits, and to the power thus obtained is attributed the success of the treatment of this disease. To obtain the "saturated spirits of camphor," it is necessary to distil spirits of wine, and get rid of so much of its water as will bring it to sixty degrees overproof, in which condition it will dissolve, and hold in solution its own weight of camphor.

It will be seen that the principal object of this mode of

from five to twenty drops every five minutes. In the case of a man of advanced age, accustomed to take wine and spirits, when the medicine given in drops has no effect, give a small tea-spoonful every five minutes, and in a very short time the coveted reaction will occur. Ordinarily, in two, three, or four hours, abundant perspiration will come out, and then cure will follow.

The *preventive* method is this:—Let those who are in good health, while living in accordance with their usual habits, take every day five drops of the *saturated spirits of camphor*, upon a small *lump of sugar*, (water must never be used as a medium, or the camphor will become solid, and its curative properties cease), and repeat the dose three or four times a-day, if the epidemic is severe in the neighbourhood. Spices, aromatic herbs, coffee, tea, and spirituous liquors should be avoided.

During the attack, cold water may be taken in *small* quantities and at short intervals, and when the reactionary fever (*i.e.*, the feverish state which occurs after the symptoms have declined) has passed off, light broth and farinaceous diet must alone be given for a few days, until convalescence is firmly established.

In this disease, very specially may *prevention* be stated to be better than cure; comparatively little, treatment is to produce *excessive perspiration*. The same object may be attained by giving a hot-air or vapour bath, as suggested above. (See “Hydrophobia.”)

indeed, can be done in those sudden and appalling cases which occasionally occur. An attentive and experienced nurse is of infinite use in the management of every case. Much can be done by such a person.

In *summer cholera* the same treatment should be followed to alleviate the pain, &c., until the arrival of the medical man.

From severe attacks of cholera recovery is often very slow; let this be remembered, and, above all, let no article of food but what is safe, easily digested, as well as nutritious, be administered, till convalescence is far advanced. Sometimes the smallest piece of game, fowl, or any *solid* food, will cause an immediate return of the disease.

Further detail as to treatment cannot be given, because every medical man must decide at the time which treatment is best suited to the case.

Precautionary measures.—The fœcal discharges should never be thrown into the common privy, but some of M'Dougall's disinfecting powder, Condry's fluid, Carbolic acid, or other disinfectant added to them, or scattered over them, and then the whole thrown in a trench or ditch dug for the purpose, and covered with some fine earth: at the termination of the attack, the hole should be filled up with lime and earth. In this way no risk is run of communicating the disease to others. All water used for washing the patient's clothes, sheets, &c., should be thrown into the same place. A *large* flour dredger, with holes also larger, is a most con-

venient thing to keep in the water-closets and bedroom, filled with *M'Dougall's* powder; it scatters the powder over the contents of the bed-pan or night-stool *immediately* it has been used, and so *at once* prevents further odour, and the vessel can then be taken away to the receptacle mentioned above, without being an annoyance to the whole house. The powder also purifies the room, so that, with the aid of fresh air, no unpleasantness remains. Pastilles, or vinegar burnt for a minute with the red-hot end of a poker, or some of the elegant modern disinfectants, can be used if required.

Care must be taken that the hole is dug where its contents cannot find their way into any wells or cisterns. The patient's bed should be covered with waterproof sheeting, to prevent the soaking of the mattresses, and the sheeting should be well cleansed with a solution of Condy's fluid, or chloride of lime, &c.

There is not the slightest necessity for burning the linen used. The covering, the bed-clothes, and all linen, should be boiled in alkaline lye, or in a solution of carbolic acid,* and well washed; or, better still, where access to a large laundry can be obtained, placed in the drying-room, and subjected for some hours to a heat of 220°, or upwards.

Cholera patients may be safely nursed by their relatives or friends, and they run no unnatural risk in attending to them. Nursing mothers should not resume suckling their children, even if their milk

* Directions are sold with the bottle.

returns, until several days after convalescence; the milk having been previously drawn off by some apparatus for the intervening days.

When practicable, it would be well for people, whose occupations permit them, to move out of affected places. It is not necessary to move far; a few miles are sufficient.

Good food and pure water should be especially attended to in cholera epidemics. Take care that the water is not polluted by any sewage. If there is the slightest suspicion of this, boil rain water, allow it to cool, and filter it; it will then be as pure water as can be obtained. Charcoal filters are very effective, and can be obtained from six shillings and sixpence upwards, at the filter manufactories in town. Bird's solution, added in small quantities, entirely destroys all animal and noxious matter in impure water, by causing it to sink to the bottom; leaving pure fresh water, which can be drawn off by a tap or poured off. Bottles of this solution are sold by the chemists, and proper jars can be obtained, or any large receptacle, with a tap at the lower third, will do. This prevents the trouble of the boiling and filtering. All indigestible food, and all tainted articles, should be specially avoided. *Ripe* fruit in moderation will do no harm. On the same grounds that all food or water, likely to produce irritation of the intestines, and thus determine choleraic action, are to be avoided; we should be extremely cautious about the administration of pur-

gative medicines in the time of cholera epidemics. Of course, occasionally they will be required, but they should not be given without decided necessity. Castor oil is the safest, but it or any other should never be given at bed-time.

As regards *clothing*, see the remarks on "Diarrhœa."

Where an epidemic is localised, much good may sometimes be effected by disturbing the air with large bonfires, by firing guns or cannon, &c.

COLD IN THE HEAD.

In the case of very young children, if the child is unable to breathe through the nostrils, it had better be taken from the breast and fed with a spoon, because it would be liable to suffocate if allowed to attach itself to the breast. It may still be nourished by its mother's or a nurse's milk, the milk being obtained from the breast in a proper manner, as will be suggested by a medical man. If the fever be marked the child had better be kept in bed, and cooling drinks, &c., given, as recommended in *fever*, until the arrival of the medical attendant; for a common cold has often been proved to be the forerunner of a more serious attack.

A little laxative medicine is often very useful. When the *running* has subsided and the *stiffness* remains troublesome, a few drops to a tea-spoonful of sal-volatile, according to age, in water, taken two or three times a day, is a very good restorative.

A seidlitz, (for an adult,) or a little effervescing magnesia, (for a child,) with a little sal-volatile, taken an hour before bed-time, and a hot tumbler of negus or a cup of tea, *on* going to rest, will often prevent a cold from developing itself.

COLIC.

Let it be remembered that colic may occur as the prelude to an inflammatory attack; and that if neglected or unskillfully treated, such tendency is very considerably increased. In the treatment of colic, very great advantage results from the external application of warmth; hot fomentations, bags of hot salt or bran, or flannel wrung out of turpentine, or mustard poultices, should be diligently employed. While these means are being used, a dose of laxative medicine should be administered; for, as in the great majority of cases of colic, the pain depends on some obstruction in the bowels—very likely on the presence in them of some deleterious and indigestible food, &c.—it is of essential importance that free passage should be obtained as speedily as possible. A full dose (an ounce and a half) of castor oil, is a safe and good medicine for the purpose—to be repeated in two or three hours if there has been no action of the bowels. If the medical man has arrived meanwhile, he will very likely order some stronger medicine, as, if the oil has not acted, steps must be taken to clear the bowels as soon as pos-

sible. If the pain is very severe, a tea-spoonful of powdered ginger, or a little Cayenne pepper may be added to the oil or taken after it. When free action of the bowels is obtained, the pain soon ceases. After such attacks great caution is requisite in the matter of diet for some time; only the plainest and most digestible food being taken.

In cases of colic arising from poisoning by lead, called *lead colic*, so often seen in plumbers, painters, workers in the shot towers, &c., the great object is to obtain free action of the bowels, as in common colic; and medical assistance should be obtained at once.

Of course, every care should be taken to prevent any further entrance of lead into the system. In order to obviate the occurrence of lead-poisoning in those who are of necessity exposed in a greater or less degree to its influence, frequent ablutions of the hands and surface of the body should be practised; while sulphuric acid lemonade should be used as a beverage—the recipe for which the medical man will supply.

CONFINED BOWELS.

In attempting to cure *habitual* costiveness, the great aim must be to do away with the use of purgative drugs. This cannot usually be effected at one blow; but it is possible at once to substitute simple aperients for the various patent medicines,

the mischievous blue pills, and the nauseous black draughts, with which the public are so fond of tormenting themselves. The remedies that may for a time be employed, at properly regulated intervals, are castor oil, olive oil, the effervescing citrate of magnesia, sulphur—especially useful where there is any tendency to piles, syrup of senna, and seidlitz powders. Frequently it will be much better if the patient can be persuaded to trust to clysters or enemata of soap and water, of salt and barley water, or of castor oil, about a pint of the *fluid* being used—whether it be barley water, soap and water, &c. About two or three tablespoonfuls of castor oil should be added, with a little salt, when the oil enema is used; the patient's nurse being duly instructed how to use the enema apparatus by the medical man, for it requires great care. A suppository made of soap and introduced into the bowel, will often be very effectual, and will generally act quickly. It should be made in a conical form to enter the bowel easily. To restore tone to the bowel, tonics are invaluable, and these will be prescribed by the medical man. After ten or fourteen days the aperients must be gradually discontinued, and tonics alone trusted to.

None of the foregoing remedies will prove of permanent service unless attention be paid to the *diet*. It is of the greatest importance that the food be wholesome and digestible; a variety of dishes being only injurious when they lead the patient to eat to

excess; but there is such a thing as a laxative diet, and this the patient should adopt. Vegetables are often objectionable, more especially if they produce flatulence, while the necessity for them, until the function of digestion is healthily performed, can often be obviated by the use of ripe fruits in the morning. When the latter fails, figs or prunes, soaked in olive oil, or taken alone, may succeed. Oleaginous and fatty articles have also a laxative effect; olive oil, butter, the fat of meat, come under this denomination. In addition, at every meal, and especially at dinner, water should be drunk; a dry diet tends directly to produce costiveness. Oatmeal porridge for breakfast is regarded as a specific by some. Its laxative effect being greatly increased by adding bran in the proportion of one part of bran to two of oatmeal; while others look to their pipe or cigar for affording the necessary stimulus. Brown bread, containing bran, can often be substituted for the fine bread ordinarily consumed; but for the stomach to be able to utilise the outer covering of the wheat, rich in gluten and fatty matter, it must be strong enough to digest it properly. The aerated loaf is generally to be preferred either to brown or the common white bread, since it is certainly more easily assimilated.

Daily exercise in the open air, either on foot or on horseback,* stands foremost amongst the reme-

* On foot is best, riding on horseback comes next. Manual labour, as in gardening or rowing, make good substitutes.

dies for constipation. General indolence, with too much sleep, must be avoided. There are very few cases of confined bowels with indigestion, arising from sedentary pursuits, that may not be cured by the sufferer retiring to bed at eleven o'clock, and drinking a tumblerful of spring water; rising at seven o'clock in the morning, and taking a bottle of soda-water; then walking for three-quarters of an hour, and afterwards breakfasting upon weak tea with plenty of milk, and meat, bread, &c. In the sluggishness of old age, nothing is more beneficial than a daily walk, or even than a ride in an open carriage. To those who can bear it, the cold hip-bath in the morning, on first rising, will be productive of great benefit, and the rubbing over the bowels, which should always follow it, is not by any means an unimportant remedy.

There are, in conclusion, one or two suggestions which may be advantageously remembered. Thus, it is very necessary that the bowels should be solicited to act at a regular hour every day; soon after breakfast being perhaps the best time. In some instances marked benefit arises from wearing the "wet compress" at night; this application merely consisting of two or three folds of thin linen or calico, wrung out of tepid water, laid upon the abdomen, and covered with gutta percha or oil silk. In the cases especially of children and old people, gentle kneading or rubbing of the muscles of the front of the body, will often produce a daily evacuation

without any discomfort. And, lastly, a small quantity of cold water may be daily injected into the bowel—under proper direction, of course, at first—with eminent success in many cases, and more especially in those persons who cannot take medicine by the mouth. With proper precautions this may be continued for a lifetime if it is necessary. Persons suffering from habitual constipation should be warmly clad, and during summer as well as winter wear flannel over the chest and body.

The lenitive electuary (*see* Part III.) for children, past their infancy; and the following admixture of milk, sugar, and oil, for children or infants, will be found useful, in addition to the remedies mentioned.

For children.—New milk, half a pint; coarse brown sugar, three-quarters of an ounce; boil, and then add two tablespoonfuls of olive oil. Give warm, all or part.

For infants.—White sugar, one tablespoonful; boil a few minutes with one tablespoonful of water; then add one tablespoonful of castor oil. Give one teaspoonful every two hours until it operates.

CONSUMPTION.

This disease, as is very well known, was long considered to be incurable; it may, however, now be regarded as a curable disease. That is to say, persons affected with the general symptoms, and presenting the physical signs of tubercular deposition

in the lungs in all its stages, do again acquire a fair share of health and strength; in some rarer instances a complete restoration of both occurs, while the physical signs, being for a time stationary, afterwards undergo such modifications as are alone reconcilable with favourable changes occurring in the lungs.

A most important object to be attended to in the treatment, and one which should never be lost sight of as a means for preventing the development of the disease, is the inhalation of a pure atmosphere. Persons affected with, or threatened by, this disease should spend as much time as possible in the open air, as long a portion of each day as their own strength and the state of the weather will allow. The really great advantage which consumptive patients derive from a residence in a mild climate consists in the greater opportunity which is almost invariably thereby afforded for occupation in the open air. In all cases of consumption a strict regard must be paid to the constitution, habits, and special circumstances of the patient, whatever these may be. A case may occur in which a full and generous diet will be for a time well borne, but anon symptoms indicative of inflammatory excitement come on. To persevere then with the former plan would be worse than foolish. It must be suspended, and a lower diet will be the appropriate change. The hygienic treatment of consumption is, then, always to be regarded as of the greatest

possible importance. The diet should consist of what is at the same time most nutritious and most easily digested. (*See* remarks under the head of "Diet" in Part IV.) Meals should be taken at regular intervals, and there should always be the most careful regulation of the digestive organs. Exercise in the open air, whenever practicable, is to be recommended. It may be active or passive; that is, walking on foot, or borne in a carriage, or on horseback.* Sponging of the surface of the body, and more especially of the chest, with cold or tepid water, over front and back, besides being very refreshing, is often directly salutary, and should never be neglected; for in this, as well as in many other diseases, it is of very great consequence to maintain a proper exercise of the function of the skin. Stated exercise of the respiratory muscles, as by making deep inspirations in the open air, or by gentle gymnastics, should be practised. A due amount of sleep (*see* under this head in Part IV.) should be indulged in; it is most consistent with health to go early to bed, and to rise early in the

* Riding on horseback has been strongly advised in the earlier periods of the disease. Its main advantage seems to arise from its allowing the enjoyment of fresh air, and of exercise, without putting the patient out of breath, and these advantages are great. It is affirmed that many patients remain free from cough, and those affected with spitting of blood cease to spit blood so long as they continue to take exercise on horseback. Gestation in a carriage, or in a boat, has the same good effects, but in a less degree.

morning. A change of occupation is to be counselled in the instance of those whose labour is heavy, or mental occupation great, for both of these should be avoided. The great desideratum for the consumptive patient in the way of climate is one at once dry, mild, equable, with as little as possible variation between day and night, and least of all liable to sudden alternations. There can be no question that many cases of consumption are much ameliorated by a change of climate. That good effects may follow, it is, however, essential that the change be made at an *early* period of the malady. When active disease is going on, and, more particularly, when that stage of tubercular ailment called softening (or breaking up) has been reached, then the fatigue of a long journey, and almost necessary discomfort entailed by a residence from home, do much more harm than good. A judicious change, practised early, seems in some to have completely arrested the disease; in many, without effecting so much, life has, apparently through its means, been greatly prolonged; in certain other cases the most unfavourable symptoms have been subdued, and the termination of life smoothed, and rendered infinitely more comfortable. (Under the head of "Climate," in Part IV., will be found some further observations on this subject.) What is of far greater consequence, however, than any mere change of climate, is the influence of a pure fresh atmosphere. Very special care should be taken that the sleeping apartment occu-

pied by a consumptive patient is duly ventilated; that in it, to as complete an extent as possible, there is a free circulation of pure air. Of course due provision must be made against the introduction of a cold or chilly atmosphere; but the "night air" has been regarded too much in the light of a bugbear, for the temperature of the room can be properly maintained while a pure air is permitted to enter, and the night air, as such, never injured any one; it is only impure or chill air that does so. (*See under head of "Atmosphere and Ventilation," in Part IV., some further observations.*) As to the various special remedies which have been employed in the treatment of consumption, the number is so large that reference can, with few exceptions, only be made to those which still deservedly maintain professional confidence. Foremost among these is cod-liver oil. A rapid and unequivocal improvement in all the symptoms apparently follows its use. It is antagonistic to a much greater degree than any other drug of the consuming power of the disease. We see the beneficial influence of cod-liver oil extended to almost every function and structure of the body—digestion, appetite, strength, flesh, complexion, all undergo improvement. It is better digested if given a teaspoonful at a time, immediately after meals, in half a wine-glassful of beer, orange or ginger wine, &c., or it may be taken plain. It is also a good plan to take it regularly for a few months, and then leave it off for a month or two,

and after that again begin it. While the oil is being taken, it is of the greatest importance that the general hygienic means already referred to should not be relaxed; specially care should be taken that all heavy articles of food are avoided, the diet being, as indeed it always should be, plain but nutritious; and still more imperative is it that, if possible, regular exercise in the open air, at all events the inhalation of a pure atmosphere, be practised. It is the neglect of this that often leads to the assumption that the oil has disagreed, or, perhaps, that it will never agree. Let attention also be paid to the condition of the skin. By ablution and gentle friction its function is best maintained. Notwithstanding, however, a strict attention to all these particulars, cases will occur in which cod-liver oil does undoubtedly not agree; and there are certain articles, one or other of which may, in such circumstances, be substituted for it—of these, cream, fat of meat, (bacon fat,) olive oil, almond oil, glycerine, Dr Dobell's pancreatic emulsion, to be obtained from Savory and Moore, New Bond Street, London, are the chief.

The pain in the side, which is so frequently complained of by consumptive patients, will sometimes yield to hot fomentations, hot tins, &c., or mustard poultices, kept on for about twenty minutes, but occasionally resist all treatment. The application of two or three leeches will in such cases often prove successful. These, however, had better not

be applied without the sanction of the medical man, to whose judgment must be committed the medical treatment of the case.

For the relief of the perspiration, oftentimes so distressing to the patient, no remedy is more effectual than the sponging of the body with vinegar and cold or tepid water. If the perspirations are *excessive*, rapidly passing a sponge, wrung out of boiling water, over the body, and quickly drying the surface, is strongly to be recommended. These expedients should be practised morning and evening, and if the patient be weak, a nurse or attendant should undertake the duty.

When bleeding from the lungs has occurred, and more particularly if the amount of blood passing is considerable, there are certain simple but important rules to observe. Let the patient's head be kept high; in other words, favour the occurrence of a feeling of faintness, which often leads to the arrestment of hæmorrhage. Let the air about the patient be kept cool; open a window in the room if the weather be mild; let the clothes upon him be light; let there be perfect quietness and silence. Cold should be cautiously applied over the chest, a piece of ice placed in the mouth, and the limbs kept warm. The administration of a cooling laxative is also called for, (such as a seidlitz powder, or the effervescing magnesia before alluded to.)

It need hardly be said that the careful attendance

of a medical man is essential to secure the proper treatment of the various symptoms, &c.

Torquay, the Under Cliff of the Isle of Wight, Sandgate, Hastings, and Penzance, are places in our own country admirably adapted for the winter residence of those consumptive invalids who need a relaxing or sedative atmosphere. But if a more bracing air be suitable, we may recommend Brighton, Southport, Queenstown, or the western coast of Scotland. Frequently a more complete change of climate is wished for by the patient, who longs for a clear atmosphere and a cloudless sky. We may then send him to Mentone, Cannes, Ajaccio, Malta, Malaga, or to Algiers. The mild and equable temperature of Madeira renders it a fitting residence for patients whose pulmonary disorder is aggravated by an irritable condition of the mucous membrane, of the larynx, and bronchi, while it is also useful for invalids threatened with consumption. The colony of Natal is particularly healthy, and is certainly deserving of a trial. There are many patients who are always worse in warm than cold weather, and for such Canada might offer a good residence. And, lastly, where a sea voyage is indicated, no change is so beneficial as a trip to Australia or New Zealand in a *well-appointed* vessel.

In speaking of *diet*, I should have mentioned that milk is rendered much more nutritious if suet, tied in a muslin bag, has been boiled in it.

Butter-milk will also frequently be found a very grateful remedy.

Spanish juice will often be found useful in allaying the cough, &c.; but, as mentioned under Bronchitis, medicines for the cough often do great harm, so that the medical treatment should be entirely if possible, left to the medical man.

CONVULSIONS.

In the treatment of infantile convulsions it is proper to consider what may do good in the attack, and what may be required after it has subsided, in order to prevent its recurrence. As regards the former, there are certain general rules of universal application which may be followed. Let the little patient (if possible) be placed in circumstances where a pure and not heated atmosphere may be breathed; let all articles of dress in any degree tight be either loosened or removed. Let cold be applied to the head, warmth to the feet and legs. The child may be put into a warm bath, while pieces of linen dipped in cold water are placed over the head. While these measures are being adopted, the inquiry as to the cause on which the convulsions depend should not be delayed. If the gums are found to be swollen, and if so, then, certainly painful, they should be freely lanced. This operation is best effected during the intervals of the paroxysms; but it may be necessary, owing to the violence of the

convulsions and their long continuance, to perform it while they last. If some indigestible article of food has been taken, and still exists in the stomach, acting as an irritating cause, it is of consequence to get rid of it. For this purpose an emetic dose of the wine of ipecacuanha should be administered, (*see* "Child-crowing" or "Croup;") but if the convulsion lasts, or the patient cannot be sufficiently roused from the deep sleep which has followed its declension so as to swallow the emetic, then the tickling of the back part of the mouth by means of a feather will produce the desired effect. These are the simplest remedies available in such circumstances, and, fortunately, in the great majority of instances, they suffice. If, however, as sometimes happens, the convulsions continue, other means may be adopted, which will be advised, according to circumstances, by the medical attendant.

When the attack has happily passed off, the greatest attention must be paid to the state of the general health of the patient, and very specially must care be taken that no cause of irritation, as in the condition of the gums or bowels, be permitted to continue or return. If the convulsive affection be found to have been developed upon the decline of a skin eruption, as sometimes happens, the application of some irritating ointment or liniment, *by advice*, or a blister, to some part of the surface, will be advisable. For a considerable period very great attention should be paid to the diet. If the case

be that of a very young child still at the breast, let it be thoroughly determined that the milk he receives agrees with him. A cause of convulsions not sufficiently appreciated is the milk of the mother or nurse. If the child has been already weaned, then, both as regards the quantity and quality of the food, there is room for much circumspection. Let the bowels also be carefully regulated. Let opportunity be taken, also, to brace the child as much as possible—sponging with salt water, cold or tepid, according to the season, and rubbing along the course of the spine, and down the limbs, are means the most conducive to this end.

CORNS AND BUNIONS.

Corns can only be *cured* by the removal of the pressure which produces them. The boots must be made with thin upper leathers, (particularly avoiding patent leather,) and so shaped as to fit the foot properly. The socks ought also to be light, and not unnecessarily loose. Then the sufferer must regularly attend to his feet, carefully cutting each corn with a sharp knife about every fourteen days, it being better to soak the feet in warm water for some fifteen minutes previously. In some cases a small piece of amadou plaster, with a hole punched out of its centre, may be applied with advantage. Should suppuration take place beneath a corn, the

foot ought to be well bathed, and the pus early let out by a small puncture.

It is undoubtedly a fact, that one or two "corn-curers" have given considerable, and in some cases permanent relief by cutting out the corns, and then recommending the adoption of better fitting boots. This is easily understood; and if properly fitting boots were always worn there would be no occasion for the corn-curer's services.

As to *Bunions*, similar remarks apply. The only remedy is a boot made so large that the toes are not crowded together in a bunch.

COUGH.

See BRONCHITIS, CONSUMPTION, INFLAMMATION OF THE CHEST, &c.

The medical attendant will find out the *cause*, which may be either one of the above-mentioned complaints, or arise from an enlarged and lengthened uvula, or be purely nervous, or be connected with indigestion, &c., and prescribe accordingly. It is very injurious to take drugs indiscriminately for the cough, without a proper knowledge of the subject. Far better to place the patient at once under the care of his medical man.

Some such simple palliative like Spanish juice may, however, be taken, in the absence of better advice; indeed, it is often very useful in allaying the irritation, although it is not often prescribed now.

CRAMP. *See also* CHOLERA.

The great point is proper attention to *diet*. Errors in this department can generally be traced as the cause, though often apparently very remote.

When a part of the body is suddenly affected, let it be firmly grasped, and diligently rubbed with the hand. When the spasm is seated in a limb, the extension of the contracted muscle will generally serve to undo it; when in a lower limb, jumping from the bed to the floor, and making the attempt to walk, is often a successful means of removing the attack. If, instead of disappearing speedily, the cramp shows a tendency to continue, then immersion of the affected part in hot water, and friction with an anodyne embrocation, as advised by the doctor, or, in his absence, of brandy and oil, must be had recourse to.

CROUP. *See* CHILD-CROWING, or FALSE CROUP.

Every case requires the most active, efficient, and energetic treatment, and the presence of the doctor is urgently required.

In cases where an attack is merely apprehended, in which such symptoms as feverishness, a dry with perhaps slightly ringing cough exists, care should be taken that the child so affected is watched night and day. For the relief of such symptoms, the warm bath, confinement to bed, at all events to

one room, and spare diet should be ordered. In such circumstance the employment of an emetic of ipecacuanha wine often brings relief. Ten or fifteen drops of the wine may be given with a little warm water every ten minutes till vomiting occurs. This effect being produced, it may be well, by smaller and less frequently-repeated doses to keep up for a short time the nauseating action of the medicine; while a little saline medicine (the effervescing magnesia will answer well) is given to act upon the bowels. It is very necessary to attend to the regulation of the temperature of the room occupied by the child; it should be both warm and moist, not lower than 65° Fahrenheit. To convey some moisture into the air of the apartment, the steam from a boiler or kettle on the fire may be directed through a simple roll of paper. Care must also be taken that there is no draught of cold or cool air. By attention to these simple instructions attacks of croup may be warded off; and their application is specially important in the case of children who have either previously suffered from the disease, or belong to a family the members of which are subject to it.

There are a few other points to which it is of great consequence to attend in the treatment of croup itself, as well as of threatened croup. 1. See that, for the purpose of enabling the breathing to be as free as possible, the little patient is placed with the head a little higher than the body. 2. Let there be no external circumstances tending to obstruct the

breathing, no pressure of the bed-clothes on the chest or neck. 3. Let the child drink freely of bland fluids, (water, milk, toast-and-water, barley-water;) this for two reasons, to prevent the throat getting dry, and to supply the fluids of the system which are deficient.

If the disease sets in violently more energetic remedies must be used, and that promptly. But until the medical man arrives to take the proper steps, much good may be done by placing the child for several minutes in the hot-bath, and after removal from it, a sponge dipped in hot water should be closely applied to the neck, the application being renewed from time to time as the sponge cools.

When an appearance of sinking is visible, a little sal-volatile, five drops, increased in a few doses to eight or ten drops, and again to fifteen in a little water, not more than two or three tea-spoonfuls may be given every half-hour, or a tea-spoonful of port wine with an equal quantity of water; while strong beef-tea, in tea-spoonfuls at a time, may be given every ten or fifteen minutes between the times of giving the sal-volatile or wine. For instance, if the stimulant is given at the beginning of any hour, say 4 o'clock, the beef-tea might be given at 4.10 or 4.15, then the stimulant at 4.25 or 4.30, then the beef-tea again at 4.40 or 4.45, and the stimulant at 5 o'clock, and so on. Regularity is very important in dealing with an invalid, as he will watch for the time of his food, &c., being administered.

In this, as in all other diseases, a very weak patient will often take with relish one or two tea-spoonfuls of the nourishment offered, repeated at short intervals, when he would turn away with disgust and refuse a larger quantity. "Little and often" is a very useful adage to remember, and has saved many a valuable life; for it should be remembered that adults are as weak as young children when much prostrated by illness, and cannot digest large quantities at a time either of food or medicine.* Milk is an excellent substitute for beef-tea, and it will often be taken when mixed with one-third of lime-water, when it cannot be digested without. Wine, jelly, ice, &c., may also be safely given in their turn.

While all these cases must be regarded as fraught with danger, there is yet often room for hope; for even in circumstances apparently the most desperate, and when medical appliances have been abandoned, a sudden improvement has taken place, a portion of the false membrane obstructing the air-passages expectorated, and ultimate recovery occurred.

DANDRIF. See SCURF.

DEAFNESS.

If dependent upon the accumulation of wax in the ear, the wax may be very carefully removed by a small blunt-edged instrument, like the curved end of a hair-pin; but great care must be taken not

* See also "Diphtheria" on this point.

to venture into the inner part of the ear. If the wax is difficult to extract, a drop of warm olive oil should be dropped into the ear for a night or two, previous to making the attempt again. Should the wax still continue obstinate, the ear will probably require careful syringing; and this should be done by skilful hands, as so delicate an organ must not be trifled with.

When deafness has arisen from an ordinary cold, it may be relieved by directing the patient to make a forcible expiration, with the mouth and nose closed; a crack is heard in the ear, generally as a proof that air has passed into the ear.

If no wax is visible, and the patient has not had cold, &c., a drop of warm oil dropped in thrice weekly—*i.e.*, every other night, for one or two weeks, may be of service; glycerine, when perfectly pure, is perhaps better than olive oil.

In any case where there is the least doubt as to the cause or the treatment, the medical man should see the patient.

DERBYSHIRE NECK. *See* GOÎTRE^d

DIARRHŒA.

Two points demand especial attention in this disease—that *the horizontal posture*, on sofa or bed, be maintained as much as possible, and *the diet* be strictly regulated.

Many cases arise from indiscretion in diet alone;

the purging is generally the cure, and no medicine is required; attention to diet only is requisite. Occasionally, however, a table-spoonful or two of castor oil may require to be given to assist the purging, and this may be repeated once if necessary.

If these means are not effective, or if the diarrhœa has arisen from no apparent cause, lose no time in sending for advice.

Warmth should be applied to the feet and body, as advised in cholera, as there is generally more or less chilliness.

As regards *diet*, this demands the greatest attention in *all* states of diarrhœa. *In the mild cases, arising from indiscretion in diet*, simple abstinence, or farinaceous food, such as rice, baked plain puddings, arrowroot, sago, &c., for a day or two, will be necessary. This affection is sometimes kept up by too much food, or by giving it too warm. In *all cases* of diarrhœa the nourishment should be *cool*, and in severe or acute cases *cold*.

In the acute, or the protracted or chronic forms of diarrhœa, the dieting is not such a simple matter. The more nutritious the food, and the more that can be taken without aggravating the flux the better. We are limited, however, to a diet which shall be digestible by the feeble stomach; and this compels us to attend both to quality and quantity. It is sometimes better not to give the food in too liquid a state. Some people who have diarrhœa find it lessened or stopped when they leave off

drinking too much tea, coffee, or water, or when they abstain entirely from either tea or coffee, &c. Beef and pork, and all tough parts of meat, should be avoided. Mutton, veal, chicken, pigeon, and game, will frequently be borne. They should not be overdone in cooking; but this is of less consequence if they are gently stewed. Eggs in a raw or half-boiled state are good. Milk is often an excellent food, but not so if it causes acidity. It will, however, often be digested if combined with about one-third of lime-water, (obtained from the chemist.) Lime-water, when added to farinaceous foods, or broths, will often render them digestible when otherwise they would produce acidity, sickness, &c. Many kinds of food which do not digest if given in a large quantity often answer very well if given in small amounts. For instance, a tea-spoonful or two every half-hour will often be taken when even a few table-spoonfuls every hour or two cannot be borne. This point is of great importance to be remembered, because, otherwise, a patient would die of *want of food* more than from the *diarrhœa*, so many people, nurses especially, having no idea beyond giving a cupful at a time; whereas the principle of feeding "little and often" in *these* cases has been the means of saving many lives;* for it should never be forgotten that *diet* is of as great importance as *medicine*.

Starchy foods, such as arrowroot and sago, often produce flatulence, and do not suffice for prolonged

* See also "Diphtheria" on this head.

nutrition, unless combined with milk. Rice should always be old, and given immediately after it is dressed. When mixed with milk it sometimes answers well, at other times disagrees.

It is not a good plan to restrict patients to farinaceous food; those who are accustomed to animal diet should be allowed it if they can digest it. Sometimes the inner part of a mutton chop will cause less irritation than a cup of arrowroot. In many cases, however, the slightest return to *solid* animal food is attended with a relapse of the diarrhoea. In these cases no second attempt of the kind should be made until convalescence is thoroughly established.

When animal food cannot be taken in the solid form, it may be borne in the shape of strong soups, chicken boiled with rice, or made into tender stews.

Wine and stimulants should be given as directed by the doctor. Good port wine and brandy-and-water, are perhaps the best for chronic cases. Acid wines and beer seldom suit the patient.

In young children attention to diet is of the greatest moment; a change of wet-nurse is often enough to cure troublesome cases in an infant, and change from hand-feeding to breast-milk equally useful. It is sometimes necessary to effect the change slowly and carefully. An infant allowed to take as much as it likes, will often take more than it can digest, and its diarrhoea be increased. When a good nurse cannot be had, or the child is too old, donkey's

milk may be given, or a goat should be kept, and, in warm climates, milked just before using the milk. Goat's milk generally requires to be mixed with one-third water. Baked flour mixed with milk is often very effective.

For fear of increasing the irritation of the bowels fruit and vegetables are often entirely excluded from the diet. Such a course, if they are not already affected with scurvy, is likely to render them so. Fresh vegetables, thoroughly and properly cooked, and soft fruits in moderation, should be allowed. Mealy potatoes thoroughly ground down or mashed are not hurtful; but unbroken lumps often entirely escape digestion, and cause irritation.

The best medical treatment of diarrhœa may be rendered useless by bad cooking of the food. This, therefore, should be carefully attended to.

Residence and clothing.—Low and damp situations should be avoided. Care should be taken to avoid sudden alternations of temperature. Flannel next the skin, and a broad waist-belt, from the hips to the ribs, of flannel should be worn.

Change of climate.—This is of great use in chronic cases, and should not be delayed until the patient becomes too prostrated; for it will then be of much less use. Move him if a month or six weeks' treatment has been unavailing; and it need hardly be added that a dry, healthy place must be selected. A short sea voyage is often beneficial; but be sure and see that the vessel is amply provided with all

necessary comforts, and that it carries an experienced medical man.

Convalescence.—All chronic cases of diarrhœa show tendencies to relapse; and, therefore, there must be for a long time avoidance of exciting causes in all patients, especially in articles of diet; and many months should pass away before the patient may return with impunity to his previous condition of living.

In the absence of advice, or supposing the case to be one which is very rapidly reducing the patient, port wine or brandy-and-water must be given every hour, or even every half-hour, according to the amount of weakness. Ice will be found very grateful, and some should be obtained if possible; and four drops of the *saturated spirit of camphor*,* on a lump of sugar, may be given every hour or two, in default of a stronger medicine.

A *warm-bath* for a quarter of an hour, the water to cover the bowels, is sometimes very useful—for all ages—even if the bowels are very relaxed.

DIPHTHERIA.

Send for the medical man without delay, and, meanwhile, attend to the following directions:—Order the patient to be placed in bed and clothed in flannel. Perfect quiet is essential. The air of the apartment should be warm (70° Fahrenheit)

* See the administration of this in "Cholera."

and moist, the latter being effected by keeping a pot of boiling water on the fire, through the lid of which a long curved lute has been fixed so as to project a few inches above the mantelpiece. Or, if this cannot be managed, a long tube of cardboard may be fixed to the spout. Sometimes, however, the heat will not be agreeable, and then a cooler atmosphere should be substituted.

If the patient is seen soon after the symptoms have arisen, relief may be afforded by allowing the inhalation of acid vapour, (two or three ounces of vinegar to the pint of boiling water,) for about twenty minutes or half an hour. The inhalation is best managed by putting the vinegar and water into a narrow-mouthed jug; a towel should then be wrapped round the top, leaving just sufficient space for the mouth to inhale the vapour.*

Purity of air is very important, so see that ventilation is attended to—*indirect* ventilation will be safer than *direct*; i.e., air from an open window in the passage, or the next room, if there is communication from the patient's room; the door of the patient's room being left open in the former case when the room is being aired—great attention must of course be paid to the covering up of the patient when the airing is going on.

As the symptoms are generally those of rapid prostration of strength, stimulants and nourishment must be commenced at once. Solid food will not

* Proper inhalers are sold by chemists.

be relished, so the following plan had better be adhered to:—All indigestible articles of food, half-ripened fruit, sweets, &c., being prohibited—though ripe fresh fruit may be allowed, if relished, or fresh well-cooked vegetables, in soup, or reduced to an easily digestible form. Generally, however, it will be found that nothing of the kind is relished until convalescence is commenced. Let the patient take as much at a time as he likes within a reasonable amount, and according to the amount taken so must the *interval* between the administration of nourishment be arranged. No rule can be laid down; this must be left to the good sense of the parent or friend until the arrival of the doctor. If a teacupful of beef-tea, mutton broth, &c., is taken, then it will not be required again for *two* or *three* hours—if half a teacupful, it should be repeated in *two* hours at the furthest—if only a table-spoonful or two, give it again in an hour.

The *nourishment* generally liked best is one of the following:—Beef-tea, mutton broth, chicken broth, milk, milk with one-third of lime-water, (obtained from a good chemist,) a raw egg beaten up with milk, or a tea-spoonful of brandy in water. Liebig's extract of meat and Hassall's flower of meat are very useful for making beef-tea, beef-sandwiches, &c., and are always at hand in a portable form.

The stimulants should be given at regular intervals between the hours of administering nourishment; *e.g.*, starting at twelve of noon, and sup-

posing the prostration to be great and to require food or stimulant every hour, the order would be as follows:—Twelve o'clock, food; one, stimulant; two, food; three, stimulant; and so on, never forgetting that the patient requires the same attention by night as by day. If the patient sleeps well at night, all the better, but if he is restless and wanders, he had better be roused to take his food or stimulant at the proper time. If the medical man orders any medicine as he very possibly may, the dose must be given instead of the food or stimulant at the hour he appoints. But *regularity* is very important.

The best stimulants are port wine and brandy. For *adults* the port wine need not be diluted with water, unless preferred. For children between the ages of three and twelve or thirteen, it should be diluted with twice or thrice its quantity of water, though equal quantities of the wine and water will suit the elder children, all of course depends upon the strength of the wine. For very young children it should be diluted with three or four times its quantity of water if the wine is strong, and only a teaspoonful or two given at a time. The dose may be increased in a proportionate manner according to the child's age. Brandy should be diluted with at least an equal part of water for an adult, and not more than a table-spoonful of *brandy* given at a time. For younger people a table-spoonful to half a tumbler of water will often be strong enough, if the brandy is good, and of this one or two table-spoonfuls may be

given as a dose. For very young children the port wine and water is the best.

Often large or even moderate quantities of food or stimulant cannot be taken, either on account of the sickness produced, or in consequence of the swelling of the throat. In such cases life has been saved and kept up by the administration of very small quantities at a time—one tea-spoonful sometimes being as much as can be borne.

Iced champagne as a stimulant is often much relished; bitter ale or porter are sometimes preferred. Cold spring water is very grateful, and *ice* is often *very valuable*. It should be broken into small pieces as required, and a small lump may be allowed to dissolve slowly in the throat. By keeping the basin of ice pieces close to the patient's bedside, he can always relieve his thirst or sickness, and it has been, on many occasions, very serviceable in every way.

If sickness is troublesome the effect of the ice may be aided by the application of a large mustard poultice over the stomach, which may be kept on for about twenty minutes or half-an-hour.

If very little water is passed, a large linseed-meal poultice should be applied over the loins, changing it for a fresh one before the previous one grows cold, until the water is passed in better quantity.

Good nursing is of the very greatest moment in diphtheria. Amongst other points, it must always be arranged that the bed-pan or night-stool be

covered at the edge with flannel, or warmed previous to using with hot water, to prevent chilling the patient. Also, that a little of the solution of chloride of lime, (Beaufoy's—sold in large bottles, with directions,) or of Condry's fluid, (see directions for dilution on bottle,) or of Carbolic acid, (directions on bottle,) be placed in the receptacle prior to its use; or that a dredger, containing Macdougall's disinfecting powder, be at hand, and that the surface of the contents of the receptacle be sprinkled with the powder immediately after use. The dredger referred to should be a *large*-sized flour-dredger with larger apertures. The evacuations should at once be taken away and the room fumigated by any of the elegant modes, or by burning a little vinegar in a cup with the red-hot end of the poker.

All these matters are of more importance than is generally supposed in determining the recovery or otherwise of the patient. Aperients or opening medicine should not be given unless specially ordered by the doctor.

As soon as convalescence is safely established, nothing does so much good as change of air; though it is not necessary to go to a distance from home; a few miles will often answer the purpose, if it is inconvenient to go further. A generous diet must *gradually* be adopted, and cod-liver oil in small doses of one tea-spoonful, given in a mouthful of beer, or ginger wine, &c., will often be very useful. The medical man will, however, be the best

judge of what is required. Under proper advice, galvanism, &c., is of great service when there are any symptoms of paralysis left by this disease.

Great care will be required during convalescence in proportioning the amount of exertion to the degree of strength existing.

DIZZINESS.

Being nearly always connected with disordered stomach, it may be relieved by such means as tend to remove the cause. An aperient of castor oil—one or two table-spoonfuls to an adult, a dessert-spoonful to a youth, and a tea-spoonful or two to younger children—or, of the effervescing citrate of magnesia, &c., will be useful if the bowels are confined, or indigestible matter has been eaten. Or, a little carbonate of soda, (NOT washing soda,) about as much as will lie upon a sixpence for a child, with an equal amount of powdered ginger, and a few drops of sal-volatile, from five to sixty, according to age, in half a wineglassful of water, will be useful in correcting the acidity which prevails.

But, to cure the affection and prevent its return, *the diet* must be carefully regulated, all indigestible matter being prohibited, and a proper amount of exercise taken. It is impossible to lay down a strict rule as to particular articles of diet, for what will agree with one person will not in another, and so on. Dizziness may, however, arise from and be

a symptom of *pure weakness*, and may require tonics and stimulants instead of aperients, &c. The history of the case will generally enable the friends of the patient to determine this *cause*. In this case, the dizziness may be dismissed and the patient invigorated by a nourishing diet, change of air to a bracing situation, the use of the sponging bath, &c. (See "General Weakness.") If, however, the symptom and other signs of general weakness persists, advice must be obtained.

DREAMS, DISAGREEABLE, &c.

As they generally arise from some indiscretion in diet, or from want of suitable food, these points must be carefully attended to. If they fail to do good, the medical man had better be consulted, as tonics, change of air, &c., may be necessary.

DROPSY.

The treatment of dropsy must depend upon its cause, and the case should at once be placed in professional hands; but, in the absence of such, relief may often be obtained by administering half an ounce of Epsom salts every morning before breakfast, or every other morning, to be decided according to the effect of the first dose; if a good deal of watery evacuation is the result, repeat the dose every other morning; if only a small amount, it

must be given again the next morning. Plenty of tea, cold water, sage tea, tea made of the young shoots of the broom, may be taken with good effect; while an occasional hot glass of gin and water at night will add to their effect. If the legs are swollen, they should be kept raised on a leg-rest or chair as much as possible, and a flannel bandage about three or four inches wide, applied from the toes upward, so as to go as high as the swelling is apparent. This bandage had better be taken off and re-applied night and morning.

One or two tea-spoonfuls of mindererus spirit, with half a tea-spoonful of sweet spirits of nitre, may be given in a little water every three or four hours, until the symptoms are somewhat relieved, or the patient feels that he is beginning to be weakened by the medicine. The same remark applies to the Epsom salts, &c.

The diet must be fluid to a great extent, generally patients will not feel inclined for solid food. If, however, they are, fluids must form the more prominent part of the diet, because the object of all the tea, Epsom salts, &c., recommended, is to increase the activity of those functions by which the dropsy is lessened.

DYSENTERY.

A slight attack will often yield to the same plan of treatment which has been already recommended in diarrhœa—the employment of a dose of castor

oil; warm fomentations or mustard poultices being applied over the belly; the patient being confined to bed, and only allowed to partake of food the most simple in its nature, *e.g.*, farinaceous food, cream, or milk, (with one-third of lime-water, if requisite,) thin broths, &c. Perfect rest in the horizontal posture is almost essential. A warm bath for twenty minutes, or a shorter time if the patient feels faint, will often give great relief. Stimulants should be forbidden in mild cases; but where the patient is becoming weakened by the disease, port wine, as the best stimulant in these cases, may be given in the beef-tea, or alone. And the rule of "little and often," (*see* "Diarrhœa,") must be strictly observed.

Early treatment is most important in dysentery, and therefore the medical man should be sent for without loss of time, in case the simple means recommended are ineffectual.

The evacuations ought to be received in glazed vessels, containing some disinfectant solution, instantly removed from the house, and deeply buried. (*See* "Precautionary Measures, in Cholera.")

The remarks upon *diet*, in diarrhœa, apply to these cases.

Whenever the disease becomes *chronic or protracted*, and resists treatment; the patient should as soon as possible be sent to a better climate, if in India, &c. Often moving him a few miles from home will suffice.

If there be much uneasiness about the fundament, or lower part of the bowel, a water compress (a piece of linen or lint, folded a few times into a proper size for the part, and soaked in water) may be laid over the part, and covered with oiled silk. This often gives great relief.

The patient should sit in the cold hip-bath daily for a few minutes, (from five to ten,) taking care to be protected from chill by a blanket, both between the back and the bath, and over the front of the body.

The greatest attention should be paid to *diet*. Some patients in a chronic state are literally unable to take anything. In extreme cases, milk must be our chief resource, sometimes with a little lime-water, or beat up with an egg, and good sherry, or brandy; a tea-spoonful of curaoa added, is often highly relished. Rice-flour, sago, arrowroot, or stale bread may be added, and changed so as to suit the capricious appetite. When solid food can be taken without suffering, it should be given; tender mutton should be broiled "quickly, and not too much," and eaten with bread and butter. These rules are quite as applicable to the acute stages, where food, while the severe symptoms last, should be simple and farinaceous, and the return to solid food should be gradual.

Some persons, having once suffered from an attack, are liable, upon the slightest exposure to any of the ordinary exciting causes of the disease,

to have another attack. Such should employ a preventive treatment. The wearing of flannel, at least over the region below the chest, is indispensable for persons thus easily affected; and the due regulation of diet is equally so.

DYSPEPSIA: *See* INDIGESTION.

EAR-ACHE. *See also* NEURALGIA.

In the treatment regard must be had to the general state of the system. Ear-ache often accompanies tooth-ache, and will cease upon the latter being relieved. Often an aperient of castor oil, or effervescing magnesia, &c., (*see* "Confined Bowels,") is all that will be required. At other times it will be apparently disconnected with disordered stomach, and tonics will be requisite. Local applications are frequently of much service, *e.g.*, a hot camomile poultice, repeated once or twice, the patient to go to bed with one tied over the painful part; or rubbing close to the ear with chloroform, or hartshorn and oil; or a blister about the size of a shilling on the *hard* piece of bone behind the ear, to be dressed with simple oil or cold cream, or with a piece of rag dipped in cold water and not allowed to dry.

EPILEPSY. *See* FITS.

ERYSIPELAS.

A medical man should see the case as soon as possible, but in his absence an aperient had better be given, of castor oil, effervescing magnesia, &c. Flour may be sprinkled over the affected part, and then covered with cotton wool. The diet should be farinaceous, milk, sago, &c., and from four to six ounces of port wine may be given daily, from the first appearance of the disease, unless the patient complains of much headache, &c., in which case it had better not be given until the medical attendant is consulted.

When infants are attacked, the strength must be supported. If the mother's milk be deficient in quantity or quality, a vigorous wet-nurse should be obtained. Cordials, as white wine, whey, wine and water, &c., same strength as recommended in diarrhoea and diphtheria, may be given to the youngest patients.

Many cases do well with but little care or interference from medicine; but it is best to pay careful attention to a case from the earliest symptoms, as it is impossible to say whether it will be a mild or severe one.

As the disease declines in severity, more solid food may be allowed; and every care must be taken to secure perfect quiet and fresh air during the attack.

EYE, DISEASES OF.

The treatment must entirely depend upon the cause, and the peculiar affection present. Advice should always be obtained if there is severe inflammation present of any kind, because it is improbable that the non-medico will have any idea what is the matter.

A common inflamed eye is generally the result of cold and disordered stomach, and will soon yield to fomentations with hot water, or milk and water, or an infusion of camomile flowers to the eye, a mild aperient, and regulation of the diet, including also, of course, confinement to the house for the time, and the employment of a shade for the eye, if the patient feels the want of one. If the eye still continues sore and painful, bathe it with the following lotion, or open the eye in it in an eye-glass:—Mindererus spirit, 6 drachms; rectified spirits of wine, 1 drachm; elder-flower water, 6 ounces, mix.

In all affections of the eye, it may be said, generally, that some such measures as those recommended should be taken. They have the effect of keeping the eye free from increased irritation, both from within and without, and allow nature to work her own cure without interruption.

When the eyes water from general debility, relief will be obtained by bathing the eyes in brandy and water—half a tea-spoonful to a wine-glassful, or less if that is irritating; or by frequently opening the eye

in cold water in a proper eye-glass. Tonics, &c., will of course be also required.

FAINTING.

Immediately place the patient in the horizontal posture, the head being on the same level as the body and extremities ; secure the access of cool and fresh air, and remove all *tight* articles of dress. The ordinary smelling-salts, or strong vinegar, should be held near the nose, and a little cold water dashed over the face to rouse the patient. Whenever she is able to swallow, some warm brandy and water, (about three of water to one of brandy,) or wine and water, (equal parts,) or twenty drops of sal-volatile in water, should be administered.

In instances of protracted duration, mustard poultices should be applied to the soles of the feet and calves of the legs, while, till the power of swallowing returns, warm brandy, (one ounce to two or three of water,) may be used as an injection into the bowel, if any one in the house understands how to manage the operation—on no account without, as injury might result to the patient.

If there be any doubt as to the state of the patient, send for the medical man.

FEET, BAD-SMELLING.

This heading is not intended to allude to ordinary

dirty feet, which a good washing will set right. It concerns a most disagreeable affection, the result of an excessive perspiration of the feet, if I may so call it, and one which it is often most difficult to cure. The following method has been found of much use, and should be adopted:—

Leave off the shoes or boots which have caused the foetid odour, and apply the means which have been found most effective in diminishing the excessive perspiration.

In slight cases it suffices to dust the inside of the stockings with powdered charcoal, alum, or flour. If this simple means fails, the following may be employed with very great prospect of success. Some diachylon is to be gently melted over a fire, and then an equal weight of linseed oil is to be added, so as to form a homogeneous ointment. This is to be spread on linen, in which the foot, having been thoroughly washed in soda and water, or plain hot water—no soap being used—and dried, is to be completely and exactly enveloped. Where the toes come in contact, shreds of lint covered with the ointment are to be interposed. So wrapped up, the foot is to be covered with a stocking and a light shoe well open at the instep. At the end of twelve hours the application is to be removed, and the foot is to be well rubbed for ten or fifteen minutes by means of a dry towel, or one of the powders mentioned before, neither washed nor bathed. It is then to be covered up with the ointment again. This pro-

cedure will require to be repeated, according to the intensity of the evil, during eight or ten days, but the patient, meanwhile, is enabled to go on with his ordinary occupations. After this time the ointment is to be left off, but friction, by means of one of the powders, is to be continued a while longer, and the ordinary shoes worn. After some days brownish-yellow portions of skin separate from the affected parts, leaving a white, clean, healthy skin behind. It is only after this separation has taken place that washing the feet, or the use of a foot-bath, may be allowed; and for some time afterwards the powders should still be rubbed into the foot.

In this way, at the end of from fourteen to twenty-one days, the excessive perspiration either disappears for ever, or at least for one or more years. In quite exceptional cases, to secure this end, a repetition of the above procedure for a second time is required, but then it is invariably successful.

FEVERS.

When a patient shows signs of loss of appetite, energy, &c., and there is fever in the neighbourhood, do not allow him to remain down-stairs, and so run the chance of increasing the severity of the attack, but send him to bed at once in as large and airy a room as possible, in a bed without curtains, &c. Let the amount of clothing on the bed be regulated by the patient's desire for more or less covering.

See that a good nurse is appointed, that the room be well aired daily—the patient being well wrapped up while the window is opened—that the evacuations are treated with disinfectants as recommended in diarrhœa and cholera; that the patient be allowed as much as he likes of cold water, ice, lemonade, (made quite plain, by slicing a lemon into a jug, pouring boiling water upon it, and adding sugar,) barley-water, and toast and water; that the chest and back be sponged over with tepid water once or twice daily when the fever is high, and wiped dry rapidly—provided of course that the result is agreeable to the patient; that perfect quiet be enjoined, no one being admitted to the sick room except those attending upon the patient, until such time as convalescence is sufficiently far advanced—this point to be decided by the doctor.

The diet will often be nothing but cold water, &c., in fever, (whatever be the form,) for a time, but when more is wished for, milk, broth, beef-tea, and farinaceous articles of food may be given; if signs of great debility be present, the food must be given at shorter intervals, in small quantities at a time, (see remarks on this head in “Diarrhœa.”) Stimulants will often be required at this stage, but should only be given under the direction of a medical man, if possible. If, however, no one is at hand, a tablespoonful of brandy in one or two of water may be given every three hours, two hours, one hour, or even every half hour, to an adult, depending upon

the extent of debility to which the patient is reduced. For younger patients port wine is preferable to brandy, a tea-spoonful would be enough for a child from one to five years; *two* tea-spoonfuls from five to eight years, *three* from eight to twelve years; *four* from twelve to seventeen.

If restlessness and delirium come on, apply rags soaked in a cooling lotion, (*see* Part III.,) or in Eau de Cologne and water, equal parts, or plain cold water, to the head, and *keep them moist* until the symptom is relieved.

If the bowels are confined, a seidlitz powder, or a few doses of the effervescing magnesia will relieve them.

The return to full diet must be gradual in convalescence, and every precaution taken to avoid exposure to cold, other diseases, &c. Tonics will often be necessary to enable the patient to regain his strength, and change of air and scene are invaluable for this purpose, provided that the choice be judiciously made.

If there is an epidemic of fever about, or the attack appears likely to be severe, it will be wiser to send for the doctor *at once*, without waiting until the symptoms become alarming, or sufficiently bad to give rise to anxiety. *General* directions have been given under this head, because, although typhus, enteric fever, (commonly called gastric fever,) scarlet fever and others, have their distinctive features for the doctor, they are not understood by the public,

as a rule, and therefore the plan adopted will prevent confusion.

When there is any tendency to the formation of bed-sores on the back and hips, washing the skin with rum or brandy beaten up with an egg is of great use; when such have formed, the application of a soft poultice is required. (*See also* "Measles, Small-Pox, Mumps, Influenza," &c.)

FITS. *See also* FAINTING *and* HYSTERICS.

By this term epileptic fits are generally meant. The attack or fit requires much the same treatment as that of apoplexy, (which *see*,) with the addition of placing a piece of cork between patient's teeth, to prevent their being injured.

The intervals between the attacks should be employed in endeavouring to raise the tone of the nervous system. For this purpose the patient should be placed in good hands, so that the plan deemed wisest in the particular case, may be followed out without loss of time.

Every effort should be made to check an attack coming on, in cases where there are *distinct warnings*, as there often are. His attention should be diverted by conversation; cold water should be dashed upon the face, smelling salts applied to the nose, and a handkerchief should be tied tightly round the part or limb where the warning is felt,

until the fit has passed off. The timely use of snuffs will often prevent a fit. The following is effective, and should be made up by the chemist:—powdered cinchona bark, half-an-ounce; powdered white hellebore, ten grains; mix thoroughly.

As general precautions to be taken, the patient's bed should be *large and low*; or, if not large, it should be enclosed with some netting or other defence against his falling out of it. If he sleep in a room by himself, care should be taken that in the winter a proper temperature is kept up, for should he get out of bed in an attack, and remain upon the floor, he may be seriously injured by cold. He should not, however, be left alone, if it can be helped. Guards should be placed over every fire-grate near which the patient may come. He should avoid ascending or descending stairs as much as possible. He should not ride on horseback, nor on the outside of a coach, nor even in a gig, nor go about, especially in solitary places, without an attendant; neither will it be proper or safe for him to frequent crowded or hot rooms, or the streets of a populous town, in which the multiplicity and distraction of objects are apt to produce, even in a healthy person, who is not accustomed to them, a degree of dizziness and confusion. When a constant attendant can be obtained, he should be provided with some potion from the doctor in attendance, by which the impending paroxysm may sometimes be repelled.

FLATULENCE.

This troublesome symptom is more particularly noticeable in infants on account of their helpless condition. When it thus occurs, the *cause* should be sought for before treating it. *If the bowels are confined*, a teaspoonful, or even two, of castor oil, (with the *chill* off,) or one or two, or even more, of Dinneford's fluid magnesia, may be given, and warm flannels should at the same time be applied to the body. If in a few hours' time these means prove unavailing, an increased dose of the fluid magnesia may be given. If, in spite of this, the pain continues, a teaspoonful of the carminative mixture may be given, (see "Teething";) but this should only be resorted to as a *dernier ressort*, because it is a medicine, and one which may be *abused*, to the detriment of the little patient.

If the bowels be not confined, the cause will lie very probably in one of three things in the case of infants—either the food does not agree, *or* it has been taken too quickly or too much at a time, *or* the child has been allowed to suck at the tube, (when brought up by hand,) when the food is finished and the bottle empty.

As regards the first, the mother's milk, if the child is suckled, is affected by the slightest indiscretion in diet on the mother's part, and therefore great care should here be exercised. If brought up by hand, the food should be very carefully prepared, or

changed, Liebig's children's food being decidedly the best, being nearest to the natural milk in composition—that sold by Messrs Savory & Moore, of New Bond Street, London, being finer in quality than that of Messrs Hooper, of Pall Mall. Sometimes the coarser will agree better than the fine. Corn flour, (Polson's,) or flour slightly baked in an oven, (not burnt,) are useful changes.

The *second and third points* require no comment.

To relieve flatulence caused by any of the above-mentioned causes, *aperients* will not be required. Smaller doses—say one teaspoonful of the fluid magnesia—will often suffice, although larger doses may be given if found necessary. What are termed carminatives are very useful in these cases, and may be alternated with the fluid magnesia, or used alone. Peppermint water, aniseed water, and dill-water, in doses of five or ten drops, gradually increased if found requisite—for half a teaspoonful will be found too strong for many infants, until they are accustomed to smaller doses; a grain or two of ginger (powdered) given in warm water, or three or four drops in warm water of the tincture of ginger, or a grain or even half a grain of black pepper in warm water—these latter to be increased gradually if required—may be given with good effect. The bowels must be regulated after the attack by occasional doses of the fluid magnesia or castor oil, if there appears any tendency to a return of the pain.

In older children, or adults, a due regulation of

the periods for taking food will often suffice to obviate the flatulence that belongs to emptiness. That which follows eating may, in many cases, be prevented by taking immediately before the meal a teaspoonful of Morson's pepsine wine, in a little sherry or water. When the eructation of wind is attended with the odour and flavour of rotten eggs, charcoal is often effective, in teaspoonful doses of the powder; but this condition is commonly an accidental and transitory one, and its best cure is an emetic of mustard and hot water, or tickling the back of the throat with a feather. If the ascending wind brings into the throat and mouth a portion of the solid contents of the stomach, the regurgitated matters are often intensely acid, and then an alkali may remedy the existing flatulence; a teaspoonful of sal-volatile, for example, in a little water; or a little fluid magnesia, or as much carbonate of soda as will lie upon a sixpence.

GALL STONES.

The great object is to relieve or mitigate the extreme pain; that done, and the attack over, to cause the expulsion of the cause, (the calculus or stone,) and prevent further formations.

For the first, nothing is better than a hot bath if at hand, if not, or while the bath is preparing, apply hot water tins, hot flannels, &c., to the affected part of the body and to the feet. The bath may be

used for twenty minutes, and after being dried quickly with warm towels, the patient should be placed between hot blankets, the sheets being removed, the hot flannels or tins of water being continued, or a hot-air bath kept up, (*see* "Hydrophobia,") until the pain is relieved. These applications should be constantly renewed, never being allowed to grow *cool* even, far less *cold*. A cup of hot tea, or hot wine or brandy and water, with nutmeg and ginger, may be allowed if there is shivering, or if it is wished for. If there is sickness, ice or cold water, or, on the other hand, draughts of warm water, may be given, as the patient may wish. The *medical* treatment being most important, advice should be obtained as soon as possible.

The second indication is to be carried out by a dose or two of an aperient, to carry away the cause, if possible. A seidlitz powder, or an ounce of castor oil, will answer the purpose, in default of any other being ordered by the doctor. It should not be repeated more than once, unless ordered, as the patient is, of course, left in a weak condition by the attack.

The greatest possible care should be exercised by the patient in the matter of diet—all articles likely to disagree with him being avoided—and the bowels, if possible, moved daily. Such exercise must be taken as can be borne without giving rise to fatigue or pain.

A visit to the springs of Ems, Carlsbad, Vichy, or Eger, may be advisable in cases where attacks are liable to recur in spite of all the care possible.

GOUT.

As the general health is out of order in most cases, every possible means must be taken to remedy this. The diet must be well regulated, nutritious, but not stimulating, *i.e.*, wine, &c., should not be taken without medical advice. Moderate exercise should be enjoined, and the house properly ventilated. A pure fresh air is, of course, very important.

The medical treatment is of great consequence, and, as soon as possible, the patient should be placed in good hands.

GOUT.

Many of the early and slight attacks will subside in a few days, provided the patient is moderately careful in diet; but if the usual mode of living is indulged in, the attack may be prolonged, even to many weeks and months.

In the event of a severe attack coming on, a Seidlitz powder should be given, if no advice is at hand, to be repeated in a few hours, if the bowels are not opened. The affected limb should be raised upon a chair or high leg-rest, a soft cushion being placed for the foot to rest upon, while the foot itself is covered over with cotton wool, and that again *covered* with oiled silk—the pain will be worse if this point be not attended to. Some patients find more relief from *pressure* upon the affected foot;

for instance, a bandage applied firmly *from the toes* to above the ankle. Common diachylon plaster, laid on in strips long enough to go right round the foot, and lap over, will answer the purpose.

Medical assistance should be procured as soon as possible.

But the most important question is, How is a return of the gout to be prevented? Clearly, by enforcing the observance of a well-regulated diet, (*see "Diet";*) by exchanging a life of indolence for one of bodily activity; by adopting early and regular hours; by avoiding all excessive mental and bodily excitement; and by the aid of medicine.

Starving the disease won't cure it. An animal and vegetable diet should be used, as recommended in "*Diet*;" the great point is to take care that, both as regards quantity and quality, the stomach can digest the materials put into it.

There are varieties of gout requiring peculiar treatment; and, again, each case may require treatment more or less removed from what has been described; but in a work of this kind it is obviously quite impossible to enter into detail with any profit to the reader. What has been said will, it is hoped, be sufficient guide to the non-medico.

Diet and regimen during an attack of gout.—This is of very great importance. When the affection is acute in character, and the patient robust, he should be confined for a few days to a diet consisting of little more than farinaceous food and diluents; and

this kind of food may be persevered in until the inflammation shows a decided tendency to abate, the thirst diminishes, and the appetite begins to return. Under the term farinaceous food are included bread, arrowroot, sago, tapioca, and such like substances; to these may be added milk; while water and toast-and-water may be indulged in without restraint, provided that liquids are taken upon an empty stomach.

When febrile disturbance has abated, a more generous diet may be allowed—at first fish, then fowl or game, and at last ordinary meat; in strong persons it is desirable to keep a moderate curb upon the appetite, for fear of inducing a recurrence of the inflammation.

As soon as possible exercise may be resumed, and it is most desirable that this should be persevered with daily; but if the lower extremities be much affected, there is a fear lest too great an amount at any one time may excite local irritation in parts which have recently been inflamed.

If the attack occurs in a person more or less debilitated, care must be taken to give such nourishment as the digestive organs can easily assimilate, as beef-tea, strong but plain soups, eggs, milk, &c., and when practicable, to confine the stimulus to some distilled spirit, as brandy or whisky, giving those only to the extent of keeping up the action of the heart, and the efficiency of the circulation.

A few general rules may be advantageously given,

which will serve as a guide for the treatment of gouty patients in general, and *apply more especially* to such as suffer from the *protracted* or *chronic forms* of the disease.

It is desirable to regulate the amount of food, so that the system shall be fully nourished, and the strength kept up as much as possible; but anything taken beyond this is decidedly injurious, as it tends to oppress the digestive organs, and induce debility rather than vigour of frame.

As to the character of the solid diet, it may be stated that every article which causes unpleasant symptoms, recognisable by the patient himself, should be studiously avoided, and hence the less what are termed "made dishes" are partaken of the better; the same remark applies to all rich and highly-spiced food, and to anything that tempts the person to take more than he otherwise would. Articles of animal food, of which the texture has been hardened, as salted meats, hams, and so on, are less easy of digestion, and should be discarded, as also veal and pork, which are much less easy of digestion than mutton and good beef, while fish is generally digestible, as also fowl and game.

There should be a due admixture of animal and vegetable food. Vegetables, as potatoes, greens, and the like, may be partaken of with advantage. The same remarks hold good with regard to soft fruits when partaken of in moderation, as strawberries, grapes, and oranges, also other fruits when stewed

or baked, as apples and pears; but these latter, as likewise plums and stone fruit in general, should be avoided in a raw state. Extreme moderation should be exercised when saccharine fruits are eaten, as sugar is liable in many subjects to lead to the production of acidity, and hence favour the development of gout. The same precaution is necessary in reference to the addition of sugar to other articles of diet.

As to beverages, both tea and coffee may be taken, if they do not disturb the nervous system.

All malt liquors should be eschewed, as they almost always cause an increase of indigestion, and, if at all strong, have undoubtedly a very powerful influence in inducing the disease, and in keeping up a fit of the gout.

Strong wines will also prolong an attack to an almost indefinite length of time, and, if they are moderately indulged in only, will often lay the foundation of a gouty state of the system.

If wine is taken at all, that which is best adapted for the majority of patients is a sound claret—one free from sugar, and without acidity. When red wine does not agree with the stomach, then hock or moselle may be substituted, or even a light and dry sauterne or chablis.

The beverage best suited for those of a strongly marked gouty habit is undoubtedly French brandy, taken in very limited quantities, say a teaspoonful or a dessert-spoonful at a time, and freely diluted

with water, and not more than once or twice a day.

Whisky, rum, or gin, may in some cases be substituted for brandy, but the latter two should never be taken without advice. The distilled spirits should only be used at a meal, and from one to three ounces at the *outside* may be daily allowed, the amount depending upon the former habits of the individual; of course, one accustomed to large quantities of spirits must be allowed more than another who is in the habit of taking very little.

If gout has become developed at a very early age, and the youth strongly inherits it, it would be most desirable that he should totally abstain from alcoholic drinks. Such a step would be the most likely to check the future progress of the malady.

Exercise must be enjoined, for it is of the highest importance, and without it all our endeavours may prove futile. The kind of exercise must be adapted to the peculiarities of the patient; walking and horse exercise are equally useful, and may be conjoined with advantage.

Fresh air is of great importance, and in many instances a complete change, during the winter and spring, to some warm and dry climate, will enable the patient to escape an attack.

All violent exercise likely to cause exhaustion, all severe mental application, and late hours, should be studiously eschewed.

GRAVEL.

If the symptoms complained of are severe, shivering, pain in the loins, more particularly on one side, a frequent desire to make water, often accompanied by sickness, &c., medical advice had better be sent for at once. Meanwhile administer a dose of the effervescing magnesia, or a seidlitz powder, or a dose of Epsom salts—a teaspoonful to two or three according to the strength of the patient, and put the patient into a hot bath if possible; if one is not to be had, or not at hand, apply hot tins of water, hot flannels, flannels wrung out of hot water and sprinkled with turpentine, to the affected part, and give hot drinks as tea or barley-water, hot sherry and water, &c. The bath to be as hot as the patient can bear for twenty minutes, and the hot applications to be kept on afterwards in bed until the pain is relieved.

Often the symptoms amount to simply a feeling of irritability over the lower part of the body in front, and a desire to pass water more frequently than usual. In these cases all that is required is the administration of a little antacid as the effervescing magnesia, or as much carbonate of soda as will lie upon a sixpence, together with half the quantity of powdered ginger, or less ginger if wished, in a little water; *and* regulation of diet and exercise—all articles which are found to disagree being studiously avoided. A simple, plain style of living

should be adopted, but it must be a *nutritious* diet. Some patients will require port wine, others white wines, &c., &c., and there will be many points which must be decided by the medical attendant according to the particular case.

After what has been said on the subject of diet in connexion with gout, it need hardly be said that it is only by strict attention to diet and regimen that the patient can hope to prevent the further liability to attacks of gravel.

GRIPING. *See ACIDITY and FLATULENCE.*

HAIR, COMING OFF.

When this occurs gradually as life progresses, it is useless to interfere. But where the hair comes out after fevers, or other illnesses, or even from no apparent cause, the general health will want looking after as the high road to curing the affection. Medical advice must be had, so that the proper tonic, &c., for the particular case may be given, or otherwise more harm than good may be done. Local applications are also of service, and the following are likely to suit the majority of cases, and may be safely used with ordinary care. The chemist had better make up the complicated ones.

- | | | |
|-----------------------------|---|------------|
| 1. Tincture of cantharides, | . | 2 drachms; |
| Spirit of rosemary, | . | 6 drachms; |
| Elder flower water, | . | 11 ounces. |

- | | |
|------------------------------|---------------|
| 2. Carbonate of ammonia, | . 2 drachms ; |
| Tincture of cantharides, | . 1 ounce ; |
| Lavender water, . . . | . 1 ounce ; |
| Distilled water or pure rain | } 1½ pints. |
| water, | |
-
- | | |
|-----------------------------|-------------|
| 3. Powdered borax, | . ½ ounce ; |
| Glycerine, | . ½ ounce ; |
| Rose or elder flower water, | . 1 pint. |

If the hair is dry, apply a little rum and oil as well, *three* parts of olive oil to *one* of rum. Shake well before using.

Or the following may be substituted, it is highly nutritious:—

Olive oil,	2 ounces ;	} mix.
Castor oil,	1½ ounces ;	
Spirits of wine,	1 ounce ;	
Rose water,	1 ounce.	

HAY-ASTHMA, or HAY-FEVER.

If the disease be allowed to run its course without medical treatment, it will probably end in three or four weeks. It may, however, usually be cut short by removal from the cause; sometimes residence at the sea-side being effectual, in others, mere removal from the locality is sufficient.

For those who cannot run away from the locality, medical advice will be of much assistance, and there-

fore such persons should not delay in sending for, or seeing, their medical attendant.

For moderating the asthmatic paroxysm, no agent is more valuable in many cases than tobacco. A pipe often acts as a charm, and enables the patient to sleep and forget his troubles. In others, I have known the wearing of a gauze veil over the face quite prevent the effects of the evil.

It is *most important* to see that the bowels be freely opened at the commencement of an attack.

HEADACHE.

By the term is usually meant *nervous headache*, although headache is a symptom of many diseases.

It is of great importance, in the treatment of nervous or common headaches, to determine, if possible, the cause upon which it depends; whether, for example, it be connected with derangement of the digestive powers, &c.; because, by removing the latter, the headache is most effectually alleviated. Sedentary habits, and the too free indulgence in smoking tobacco, or in drinking strong tea and coffee, will not unfrequently be found in the cases of those who suffer much from headache. In such circumstances the appropriate remedy is at once suggested—removal of the cause—an aperient of senna, effervescing magnesia, or castor oil, will often be all that is required.

The diet must of course be strictly regulated to suit the particular case, to prevent a return of the pain, while the application of cold to the head—by means of rags dipped in vinegar and water, or equal parts of eau-de-cologne and water, or iced water, or in equal parts of spirits of wine, mindererus spirit and water; perfect quiet and rest, in the recumbent posture, in a darkened room, with the head slightly raised, should, while it lasts, be enjoined as the most likely means of alleviating the pain. If, however, it persists in spite of the remedial measures pursued, advice had better be taken to obtain the benefit of medicine, as tonics, alteratives, &c., will very likely be required.

HEAD, ENLARGEMENT OF.

A child with any tendency to this disease should be reared so as to strengthen its system as much as possible, and therefore it ought to have a nourishing diet with plenty of milk, a salt water bath every morning, and plenty of exercise in pure air. In some instances, residence at the sea-side, with the administration of cod-liver oil, may be needed. Stimulants had better always be avoided; and only the most gentle attempts at education are to be permitted. Such a child is generally precocious, and often is only too happy to overwork its brain, if permitted to do so.

Gentle aperients of the effervescing magnesia, castor oil, senna electuary, &c., (*see* "Confined Bowels,") are useful occasionally, but medical advice must at once be taken, so that the right course may be pursued.

HEARTBURN.

Occurring as one of the most common symptoms of indigestion, is very frequently caused by acidity, and is relieved by antacid remedies, (*see* "Acidity.") They should be administered a short time before meals; or, if the heartburn does not come on till digestion is near completion, the remedy may be given with best effect a little time after food has been taken. Those who are apt to suffer from heartburn should exercise great caution in the selection of articles of diet, avoiding all such as, in their individual experience, lead to create acidity, or any of the other symptoms of impaired digestion, with which it is so often associated; they should also endeavour carefully to regulate the function of the bowels. (*See* also "Indigestion.")

HEART COMPLAINT.

Many people imagine themselves to be affected with disease of the heart when there is nothing the matter with them but pure weakness or indigestion.

It will be, however, the wisest plan to consult the medical man at once, so that the proper remedies may be suggested before the harmless symptoms have become more serious in their character.

All causes which tend to hurry the circulation are liable to do harm in these cases. Such are violent exercise, or exertion, as in lifting a very heavy weight—to the last mentioned is the first establishment of disease of the heart not very unfrequently to be traced—and mental emotions, &c. On the other hand, everything which tends to soothe the circulation and moderate the action of the heart may be regarded as beneficial.

It is also very important to endeavour as much as possible to keep in natural and healthy exercise the other functions of the body, specially those of digestion and assimilation of the food.

HICCUGH.

Though, properly speaking, merely a symptom, occurs very frequently, without any evident trace of other affections.

In its ordinary form, as an occasional ailment, hiccough is dependent on some disorder of the stomach, induced usually by such causes as flatulence, emptiness, or repletion, or by taking some indigestible article of food. For its relief, when it has occurred in the manner now described, some simple expedient is alone often successful, such as

taking a very deep breath, and then holding it in as long as possible; a sudden start, a blow on the back, or pain experienced in another part of the body, frequently operates in checking the complaint. So does a draught of cold water, or a piece of sugar, as, also, continued pressure over the stomach by hand, *or* by a bandage containing a *ball* of linen, &c. When it is found accompanying fevers, or other diseases, the medical attendant will prescribe what is necessary. When hiccough occurs in persons of gouty habit, special care must be taken to regulate the diet and regimen in the manner most likely to remove the cause upon which the spasmodic affection depends.

HOOPING-COUGH.

In the treatment our object must be to keep the disease *simple*, to allay the spasm, and thus prevent complications resulting from it which are often very dangerous, and to reduce the disease to a common cough.

In *mild cases* very little management is required. The patient should be warmly clothed, kept indoors, fed with light, nourishing food, and allowed to drink freely of some mucilaginous fluid. No medicine need be administered internally; but the spine may be rubbed every night for ten or fifteen minutes with *the compound soap liniment*, which can be obtained at the chemists.

Many cases run through their stages in spite of all attempts to stop them ; and I may here mention that *change of air* is a popular but very doubtful remedy until the case becomes chronic or protracted. And there is not sufficient proof that removal to the vicinity of gas-works or lime-kilns has effected real benefit.

The case had far better be in the hands of a medical man, for the reason before given, that every case is a study, and must be treated on its own merits.

As a preliminary step it is needful to regulate the digestive functions. All indigestible or irritating food should be prohibited. For these purposes a dose of castor oil, a tea to a table-spoonful, according to age, or of the fluid or effervescing magnesia, &c., should be given daily, or every second day, until the necessity for their use has ceased ; and an occasional dose of one or two grains of gray powder may be given at bed-time. This, however, must be cautiously given, although many ignorant mothers think gray powder a thing to be given when anything is wrong which they cannot quite make out. The state of the nurse's milk should be examined in the case of an infant ; and, at a later period, the food should be restricted as far as possible to cooked milk, which should be given alone, or in the form of pudding. From two to three pints of milk may be taken daily, but in such a manner that the quantity given at a time shall

not exceed one-quarter of a pint, and the intervals between the supplies must be short. Bread should be rarely if ever given, except when cooked with milk. The use of vegetables should be greatly restricted. Meat in smaller quantities, and cut into very small pieces, may be given to a child of three years of age and upwards; and eggs made into puddings, and beef-tea, may be allowed at any age, if there be a deficiency in the supply of milk.

In the general management of the child, not only should the body be kept properly warm by clothing, but the air to be respired should not have a lower temperature than sixty-four degrees either by night or day; and so long as the aim is to allay the spasm, the patient should be kept absolutely quiet both in mind and body, or as quiet as may be possible.

The recovery from hooping-cough always demands the use of tonics, of abundant animal food, and of change of air, and possibly, also, of wine, administered in small doses. A sea voyage is then of great service.

HYDROPHOBIA.

Obtain the advice of a good surgeon as soon as possible after the patient has been bitten. If, however, this cannot be done very soon after the accident, suck the bitten part well, spitting out the fluid obtained by the process from the wound; then apply some strong nitric acid, or lunar caustic, and

bind the part up as tightly as the patient can bear it. Only one cauterisation is needed.

The production of *profuse perspiration* is sometimes of *great* use in preventing the bad effects of a bite, so it should be tried. Put the patient in bed, cover him with plenty of clothing, give him a cup of hot tea, or a glass of hot negus, and take two common bricks, heat them nearly red hot in the fire, wrap them up in pieces of common flannel, which have been soaked in vinegar, place them on plates, and put one a little distance from one knee, and the other a little distance from the opposite shoulder. In a few minutes he is surrounded by a most agreeable steam-bath. The patient must of course not wear any night dress. Occasionally it may be thought best to produce the perspiration by walking,—and this may be the only, and often most efficient remedy, where no assistance of any kind is at hand,—in which case extra overcoats should be put on, a glass of water or beer drank, and then walking or running indulged in until profuse perspiration is the result. This may be repeated with advantage several days in succession—say for a week.

The bowels must be attended to, and not allowed to be at all confined until such time as all chances of the disease appearing has passed, the average of which is from a few weeks to six months.

It would be well, however, if the public were not so frightened about hydrophobia. Considering the

number of people bitten by dogs and cats, mad or not, in the course of one year, it is astonishing how few are ever troubled by any after-effects. Unless the animal is mad, after-effects are rare, and mad animals are comparatively rare. It is, however, wisest to take proper measures, as recommended, if there is the slightest suspicion upon this head, or if the animal which has inflicted the injury was at all excited or irritated beyond an ordinary extent.

In treating hydrophobia when fully developed, all a non-medico can do is to soothe and comfort the unfortunate patient in every way possible, to support the failing strength by stimulants,* and, chiefly, to prevent all noises, drafts, and other sources of excitement, which are so liable to bring on the painful spasms. A hot-air bath, obtained either by the means suggested, or by placing the patient on a cane-bottomed chair, covering him with a thick blanket—including the chair—and placing a bucket of boiling water under the chair—care being taken that the patient is protected from being scalded, and putting a red hot brick into the water in the course of ten minutes, has been strongly advised by some, one bath often being sufficient. The perspiration must be profuse, and the heat attained at least ninety-three degrees Fahrenheit.

* Brandy and port wine will be the best, given between the spasms, in doses of one or two ounces at a time.

HYSTERIA, OR HYSTERICIS. *See also* FAINTING,
and FITS.

During the fit, care is to be taken that the patient does not injure herself; the dress should be loosened, and fresh cool air, if possible, freely admitted. If the patient be able to swallow, then a teaspoonful of sal-volatile in water may be administered. When she *cannot* swallow, cold water should be dashed freely over the face; and if the apparent insensibility, (for it is generally only *apparent*,) continues long, a jug of cold water should be poured over her head. This will generally cut it short.

A limb is often bent in an attack, but will yield to cold water poured almost constantly over it from the height of one or two feet. Galvanism is also of service in these cases, but should not be used by the inexperienced.

To prevent attacks coming on, the general health must be carefully attended to, medical advice obtained, so that he may ascertain the cause, and proper remedies may be administered, and the diet regulated so that the bowels be kept open and the appetite be improved. As to the *diet*, a good deal must be left to the good sense of the patient's mother or friends; all articles of food liable to disagree must be omitted; plain, wholesome food must be the rule; fresh fruits in moderation being allowed if wished for. The medical man will decide best if wine or beer are to be taken, and what kinds are

most desirable. Coarse brown bread, treacle, hasty pudding, &c., are useful if the bowels are confined, as will be the lenitive electuary, (*see* Part III.,) unless some special medicine has been ordered. The sponge hip-bath, or the shower-bath, should be used daily on rising, if the patient can bear it, and both of these will often be borne *cold*, if, for the first few days, the water be tepid and then gradually made colder. Friction should be freely used with a coarse towel, after the bath, until the surface glows with a healthy redness. If, in spite of care being used in making the temperature of the water suitable to the patient's feelings, the result of the bath is to render the patient chilly and cold, it had better be discontinued until such time as the general health is more improved, and able to enjoy it.

Hot rooms and evening parties, novel-reading, &c., &c., are to be proscribed; stays ought not to be worn; and it is of the greatest importance that while the value of *self-control* is inculcated, healthy mental occupation should be afforded. Indeed, without this latter, a permanent cure is not to be expected, for, amongst the most frequent causes of hysterical affections, we must count the want of proper employment of the mind and energies.

A more healthy system of education for young girls should be fostered; less confinement to the house, and not so much study, with more exercise in the open air, and healthful recreation. The mind is over educated at the expense of the physical

strength ; and, after all, with little advantage to the mind itself : for who can doubt that the principal object of this part of education ought to be, not so much to fill the mind with knowledge, as to train it to a right exercise of its intellectual and moral faculties ; or that, other things being the same, this is more easily accomplished in those whose animal functions are preserved in a healthy state, than it is in others.

HYSTERIC. *See* HYSTERIA.

INDIGESTION.

Daily observation has taught us all how thoroughly digestion is improved by those means which invigorate the system generally ; as by rest and early hours, relaxation from severe studies or from the harassing cares and anxieties of business, one day's holiday in every seven, change of air, sea-bathing, cold or tepid sponging, horse exercise, the disuse of tobacco, and of alcoholic stimulants where these have been too freely indulged in, and so on.

The regulation of the diet alone will often effect a cure ; while in no case need we expect to give any relief unless we can persuade the dyspeptic to pay attention to the *quantity* and *nature* of the food. The amount taken at any one time should never be excessive ; on the contrary, it should be uniformly restricted ; a regular interval should always be per-

mitted to intervene between meals ; and, in the selection of articles of food, the greatest care should be taken that what is most easily digested is preferred. (*See in Part IV., under "Diet."*)

Under particular heads, as "Confined Bowels," "Diarrhoea," "Vomiting," "Water-Brash," "Flatulence," "Stomach," &c., reference is made to some of the special points of treatment in indigestion. Loss of appetite, which is in some cases the only symptom present, is often remedied by taking a teaspoonful of Morson's pepsine wine in a little water, immediately before or directly after meals.

With regard to the use of wine and well-diluted spirits to *prevent* indigestion, it must be granted that they are often very beneficial. It is no doubt true that the stomach which requires stimulants to enable it to act efficiently, can hardly be said to be in a healthy state ; but, at the same time, we should remember that the battle of life is not waged without much wear and tear, without almost overwhelming anxieties and sickening disappointments, and that the digestive organs are the first to sympathise with the depressions of the mind, no less than with the fatigues of the body. Hence the precept furnished by St Paul to Timothy may well be adopted generally,—“Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities.”

The management of the mind of a hypochondriac is peculiarly nice and difficult. It will not do to

treat him as if his ailments were imaginary. He disbelieves you and despises your judgments ; it will be far better to assure him that he will soon be cured by proper treatment. To tell such a person not to think of his grievances would be worse than useless. The very effort to drive a subject from our thoughts fixes it there the more surely. We must endeavour to turn his attention to other things, and to awaken in him some new interest. *Change* should be advised : change of air ; change of place and scenery ; change of society. Get him to *travel* in search of health, and the chances are in favour of his finding it. A tour, in fine weather, and through a pleasant country, combines almost all the ingredients which are, separately even, desirable : the withdrawal of the mind from its ordinary pursuits and cares ; the diversion of the attention from one's self, by new and varied objects ; exercise, carried on in the open air ; a holiday from intellectual toil. Six weeks among the mountains of Switzerland, or upon the rivers of Germany, will often do more towards restoring a dyspeptic hypochondriac, than a twelvemonth's regimen and physicing at home.

INFLUENZA.

If the attack be severe, medical advice had better be obtained, because complications are apt to arise which demand great care and skill in their treatment ; and advice is all the more needed in this

complaint, on account of the patient's liability to be quickly reduced in strength by it, or even to sink under it.

A patient affected with this complaint will always find it to be the better plan to give way to the attack by keeping to his bed; some fight against this for a time, but if the attack be true influenza, sooner or later the patient must succumb.

It is of the greatest importance to have the room cool and well ventilated. The bowels should be opened by means of a dose of the effervescing magnesia, or by a seidlitz powder, but care must be taken that they be not *repeatedly* opened—the object is simply to see that there is no obstruction or accumulation.

As there is usually complete loss of appetite, it is difficult to give much food. The common custom of giving hot beef-tea is an extremely bad one; it invariably increases the headache and languor, and any warm food which induces perspiration appears not only to be useless, but to do harm. Solid meat also should be abstained from for two or three days in bad cases. Vegetable food for four or five days is strongly recommended by several writers: it may suit some people, and may be tried. Plenty of cold drinks, especially such fruits as oranges, lemon-juice and water, cream-of-tartar water—a teaspoonful to a pint of water,—raspberry-vinegar and water, barley-water, with a little lemon-juice to flavour it, linseed-tea, cool, and drinks of the like

kind may be given as much as wished for—indeed, some of them should always be at the patient's side, so that he can get at them without having to ask. When there is any fever, they should be iced, if possible, and ice in small lumps freely supplied. Very weak cold white wine whey is a very grateful drink. Stimulants, as a rule, do harm in young persons; though, if advice is not at hand, and they are apparently indispensable to support the failing strength, claret or hock, with seltzer-water, are the best. In old persons, it may be necessary to use stimulants earlier and more freely, as THEY are peculiarly liable to sink rapidly under the prostrating effects of influenza. Under these circumstances, brandy, pure, or with a tablespoonful or two of water, according to the debility of the patient, in doses of one or two tablespoonfuls, may be given every two or three hours—a teaspoonful of sal-volatile in a little water being given between the times of administering the brandy. Beef-tea, milk, &c., as recommended in diarrhœa, must also be regularly administered. Port wine or even brandy must be given even in younger patients, when the case is a severe one and the strength is evidently going. The dose must be proportioned to the age and the amount of weakness present. From one teaspoonful to two tablespoonfuls will be the dose, as a rule, water being added according to the wish of the patient, or the severity of the symptoms.

The administration of stimulants is, however, to

be entirely left to the medical man, if his advice can be had. *General* directions alone can be given, and in the absence of proper advice, everything depends upon the good sense of the nurse. If, however, she is timid and fears to give too much, or to give at all, let her remember this—that, if the patient is sinking, his strength *must* be kept up by stimulants and food, and she must give them at her own discretion in sufficient quantity to effect the desired object.

Warmth between the shoulders, by means of a hot tin, will often produce great relief, particularly when there is any cough, to relieve which a mustard poultice across the upper part of the chest in front is often a useful *addition*. The feet and body must also be kept warm, if required.

Medicines are not required in mild cases, and even in severe ones, it is infinitely better to pay great attention to the support of the strength and the warmth of the body, than to drench him with drugs.

As soon as the severity of the fever is passing away, patients should be made to eat; the appetite is still bad, but they will generally take food. Care should be taken not to derange the stomach by too great quantity or variety of food, of which there is some danger.

The length of time patients should remain in bed must be determined by the severity of the attack. Often three days is enough in an ordinary attack, but in others a longer period will be necessary.

Keeping the air of the room moist, by conducting

the steam from a boiling kettle into it, by means of a tube, or by putting boiling water into flat, shallow vessels, appears to ease the cough, which is often present. Also, as in common cold in the chest and bronchitis, the inhalation, several times daily, of hot steam is most useful. Any of the good inhalers may be used. If they cannot be obtained, breathing through a sponge dipped in hot water is the best way.

If vomiting comes on, ice sucked gives great relief. If it is obstinate, *small* doses of the effervescing magnesia may do good, or a mustard poultice be laid over the stomach, and kept on for about ten minutes, or even longer, if the patient can bear it. (*See also "Vomiting."*)

Excessive diarrhœa must be checked, but moderate diarrhœa does good, and is a favourable sign, especially on the third or fourth day. (*See also "Diarrhœa."*)

If no water is passed, and medical advice is not at hand, and the patient begins to feel distressed, a very hot bath for a few minutes—say ten—and copious draughts of linseed-tea, must be given.

If there be intense headache and stupor, see that the bowels are kept open, and apply rags dipped in eau-de-cologne and water—equal parts—to the head; if this is unsuccessful, a hot tin to the back of the neck, taking care not to place it within three or four inches of the head, will often be effective. (*See also "Fevers."*)

Tonics will very likely be given by the doctor as soon as the fever has passed away, but should not be given *without* advice.

As soon as *convalescence* is fairly established, and the appetite has returned, a very nutritious diet must be employed; milk in large quantities is very useful. Milk and seltzer water is a favourite German remedy.

The skin must be very warmly clothed, as it is very sensitive.

Change of air to a dry, bracing, but not too cold climate, is often of great service when convalescence is *firmly* established.

ITCH.

Being a purely *local* disease, it is to be treated by local applications, and the most efficacious are the preparations of sulphur. Previous to applying it, however, the following rules should be observed:— If the patient is very dirty in his clothing, and has been subjected to miserable habitations, &c., order him a thorough washing, nay, scrubbing, in a hot bath, plenty of brown soap being used. If, however, the patient be of a better class, and the itch be confined to the hands and wrists, or to a small portion of the frame, and provided that he be clean in his habits and clothing, and does not require the bath, then the part affected *only* need be washed well. The hands or body being well cleansed, obtain some

sulphur ointment for the use of human beings, (don't get by mistake that used for animals,) and rub it on to the parts thoroughly, daily, until the affection disappears, which it often does in one or two applications, provided that the clothes of the patient be well cleaned, and the scrubbing alluded to be strictly attended to.

If the sulphur treatment does not answer after one or two trials, the following may be substituted:—Wash the affected parts with a strong warm solution of common soda, and, after being dried, then apply very freely paraffine; a few repetitions will be successful in most cases. This plan is very applicable for poorer people, as paraffine is to be found in almost every cottage, and it is a cheap mode of dealing with the disease.

JAUNDICE.

The treatment must depend upon the *cause* which has given rise to it, and therefore advice should be obtained, if possible, at once. If, however, this is not at hand, a dose of castor oil, one or two tablespoonfuls, or the same amount of senna, or a dose of salts may be added to the senna, (*see Part III.*,) should be taken immediately, and repeated, if requisite, in an hour or two, if the bowels have not acted freely, the object being to relieve the liver, and so diminish the jaundice. If there is spasmodic pain under the right breast or side, hot-water tins

should be applied to the place, and the heat kept up until the pain is relieved.

The diet should be similar to that ordered in fevers.

Home doctoring will be most injurious in these cases, for a mistake might sacrifice a life. It is better to do nothing more than what has been suggested until advice can be obtained. If the patient appear to be sinking, stimulants, as in fevers, diarrhœa, &c., must be, of course, resorted to.

Persons suffering from jaundice should live carefully. The food should be light, and easy of digestion, and all alcoholic liquors are better avoided. If, however, something is positively required, weak brandy and water will agree best—a tablespoonful to half a tumblerful of water. Exercise in the open air should be taken, if possible, and a warm bath occasionally, to favour the elimination of the biliary colouring matter through the skin.

LIVER, DISORDER OF.

It must be evident that *the cause* must be ascertained before any case of disorder of the liver can be properly treated. It is therefore quite impossible, in a work of this kind, to do more than suggest a *general* system of treatment. Advice should be obtained, if possible, because a non-medico may work for some time in the dark, it being a well-known fact that it is by no means easy for a regu-

lar physician to be always sure when the liver is out of order.

In the absence of proper advice, and supposing the amateur doctor to have made out to his satisfaction that his patient *has* disorder of the liver, the first step must be to *regulate the diet*. Errors in this department cause more disorders of the liver, and of digestion, than any other cause. The diet should consist chiefly of fish, rice, fresh vegetables, and farinaceous food. It must be simple, and easy of digestion. No pastry or alcoholic liquors should be touched. Exercise on foot or on horseback must be enjoined; and a laxative, like the effervescing magnesia, the lenitive electuary, or a dose of castor oil, should be taken sufficiently often, in the morning before breakfast, to keep the bowels open.

(For further particulars as to diet, see "Indigestion.")

If these means are ineffectual in curing the affection, a grain or two of gray powder, or a pill containing one-sixth or one-quarter of a grain of podophyllin, may be taken every night for one week, unless the affection be relieved sooner. The pill will be made by the chemist. (See Part III.) A dose of the lenitive electuary before breakfast, not large enough to produce a violent motion, but just enough to act moderately, (and the amount must be determined by its action on the individual,) will often be all that is necessary when medicine is re-

quired ; and there is less liability to get wrong with it than by giving gray powder, &c.

LOCKED JAW.

Send immediately for advice on the slightest symptoms of uneasiness, or twitching pain coming on. It must be confessed that the treatment of this dreaded affection is *most* unsatisfactory, and though a few cases here and there recover, the majority sink, in spite of every variety of treatment employed.

If the affection arises from apparently no cause, no wound, &c., existing, the non-medico can, indeed, do little. He must keep up the strength by trying to force the patient to take beef-tea, wine, brandy, &c., between the paroxysms of pain. He may also obtain a long bladder, and having filled it with ice, tie it along the spine, in the centre of the back, and the ice may be renewed every hour or two. This has in some cases had a remarkable effect. Hot baths—water, or hot air, as in hydrophobia—have, in a few instances, done good, but the difficulty of keeping the patient in the bath during the fit is very great. He should be placed in it during the *interval*, and it is during this time when the ice-bladder or bag should be applied.

If there is any wound, it should be kept scrupulously clean, and cold-water rags constantly applied ; and if its appearance indicates the existence of irri-

tation or inflammatory action, poultices should be applied until this is subdued.

LONGSIGHTEDNESS

May be warded off by avoiding over-exertion of the eyes in reading and other minute work, especially by artificial light, at the turn of life, when longsightedness, with diminution of adjusting power, usually comes on.

Convex glasses are the kind adapted for these cases, and they act by helping the vision of longsighted people by causing convergence of the rays of light.

The glasses should be of the lowest power, which will enable the person to see objects distinctly at the distance he wishes, and at the same time comfortably. Glasses, the next degree more convex than those which suit by daylight, are usually required for work by artificial light. When a person is very longsighted, he requires two pairs of spectacles, exclusive of those for use by artificial light—one for looking about him, and one for reading with, or the like. When the sight is weak, relief will often be obtained by wearing spectacles with glasses of a neutral tint.

LUMBAGO.

In the majority of cases, lumbago is connected

with disordered stomach and bowels; a dose of laxative medicine will therefore be appropriate, such as the effervescing magnesia, castor oil, or a seidlitz powder. External applications are generally useful, *e.g.*, rubbing a warm iron over flannel laid upon the part, hot tins, sponge wrung out of boiling water by means of a towel laid across a basin of boiling water; the sponge being dropped on the towel, both are soaked in the water, and by two people taking hold of the towel, and turning it opposite ways, the sponge is wrung sufficiently dry, and yet retains the heat of the boiling water, which could not otherwise be obtained without scalding the nurse's fingers; flannel wrung out of boiling water in the above manner, and sprinkled with oil of turpentine, or even wrung out of pure turpentine; rubbing Bow's liniment over the part for ten minutes at a time, night and morning, (this can be obtained from the chemist.) When the affection becomes more chronic, a mustard poultice for twenty minutes does good in many cases.

The diet should be generous, with a moderate allowance of stimulants. The patient should be warmly clad in flannel, and every precaution taken to avoid chills.

It must be remembered that these remarks are made as a guide to people who cannot obtain proper advice. So many causes are at work in *all* cases, that it would be far wiser to consult the medical man as soon as convenient, than follow the ad-

vice now given, as it is impossible to prescribe for the peculiarities of a case.

MEASLES.

In the treatment of the ordinary cases of measles occurring in children otherwise than delicate, little is necessary beyond attention to the temperature of the room, the amount of the bed-clothes, preventing the access of too strong a light, which affects the eyes, &c. Great care should be taken that draughts of cold air are avoided, lest they might prove the cause of increase in the chest complaint, which generally attends the attack ; and, while the room is not overheated, it must not, for the same reason, be allowed to be cool. It must be remembered that in measles, as in all fevers accompanied by an eruption, the patient will desire and require a more abundant supply of blankets, &c., *before* the eruption appears than after it. Indeed, afterwards, he generally desires light clothing.

The room should be well ventilated : all excreta and dirty linen immediately removed. Disinfectants should be in use as in *cholera*. The sense of heat and dryness of the body, sometimes most distressing to the patient, can be much alleviated by washing the surface with soap and tepid water ; too great exposure being avoided by one part of the body being cleansed, dried, and covered, before the rest is exposed. The feeling of tension of the hands

and feet can be relieved by rubbing these parts with some greasy matter, such as suet.

All sources of annoyance or irritation, all noises, should be avoided, and thus sleep is promoted, a condition which most materially affects the welfare of the patient—sleep lessening the fever and increasing the appetite. Food, light and nutritious, such as arrowroot, gruel, good beef-tea, milk, chicken, or veal broth, plain wine, jellies, &c., should be given at the usual hours. The quantity should be moderate, great care being taken that the digestion be not impaired by too large a quantity being taken. Should the patient be very weak, the food must be administered in small quantities at frequently repeated intervals. (See also “Diarrhœa” as to this.) There is no stimulant so important as food. The prospect of recovery in all fevers is very greatly if not mainly dependent on the power of digesting and assimilating food possessed by the patient.

The bowels should be moved by a mild laxative, such as the lenitive electuary, the effervescing magnesia, or castor oil; and, so as to produce a little perspiration, a small dose (for a child, a teaspoonful,) of *mindererus spirit*, in a little water, may be given at intervals of two or three hours.

If the rash is long in appearing, or shows a disposition to disappear, the development of the eruption may be secured by placing the child in a warm bath; if the child appears sunk and the pulse be feeble, a little warm wine and water may be ad-

ministered. In ordinary cases, the early appearance of the eruption will be favoured by administering a dose of sulphur (a small teaspoonful for a child, in milk); and if there be much hoarseness, and croupy character of the breathing and cough, it will be expedient to apply the hot sponge over the throat. (*See* "Croup" as to this.) With the appearance of the eruption, these symptoms usually decline. Measles not unfrequently terminates in an attack of bowel complaint; this may be slight, and if so, will not require any medicinal treatment; indeed, it is salutary; but, on the other hand, when severe, and occurring in a delicate child, prompt means for arresting it must be adopted (such as are mentioned under the heads of "Diarrhœa" and "Teething.")

If there be often-repeated sickness, food of the very blandest nature, *pounded* raw meat, (the fat and gristle being removed before pounding it,) Liebig's beef-tea, uncooked white of egg diluted with water, barley water, &c., should be given in small quantities, and be very frequently repeated. (*See* also "Vomiting.") Thirst must be assuaged, and thus the restlessness allayed by drinks. Large draughts should be prohibited, as they tend to impair the digestion, and sometimes cause diarrhœa; small quantities, swallowed slowly, or ice to suck, are sufficient to allay thirst, and also prove grateful to the patient.

The patient, however, must be allowed to take

larger quantities of fluids than in health, as an increased quantity is required by the system during the existence of fever.

Acid or acid and bitter drinks are generally found to lessen thirst to a greater degree than mere water, and are moreover grateful to the patient. Lemonade with very little sugar, or raspberry vinegar and water, will be found useful.

Stimulants are administered to support the strength of the patient. This they do in a great measure by promoting digestion, and by also directly increasing the force of the heart's action.

The administration and quantity of stimulants given cannot be regulated by the condition of the patient. Medical advice is particularly necessary here.

Various complications are apt to take place, so that, if possible, advice should be had early in the day. If no advice is at hand, the *symptoms* must be treated according to the directions given under the particular heads.

MIDGE *or* KNAT BITES. *See* also BITES AND STINGS OF BEES, VIPERS, &C., IN PART II.

Of course, with many people the bites cause no annoyance requiring interference, but in others the irritation produced is so troublesome that it is well to apply something to relieve it. The following remedies will, one or other of them, be found effective :—

1. Apply sal-volatile with or without a little water.

2. Lay on the part rags soaked in a lotion composed of one teaspoonful of carbonate of soda to the tumbler of water.

3. Bathe the bites with an infusion of elder leaves, or strong elder-flower water, bought from the chemist.

4. Or an infusion of laurel leaves, made by placing a good handful of leaves in a jug and pouring boiling water over them, may be substituted for the elder. This latter must be used *with caution*, the parts being only bathed with it twice or thrice daily. The lotion should be kept in a safe place as it is poisonous, and when done with, the water should be thrown away.

If these do not subdue the irritation, the medical man had better prescribe.

MENSTRUATION, *or* THE MONTHLY FLOW, DISORDERS OF.

(a) *Where the flow is absent, or irregular.*—The treatment of cases of this kind should embrace every possible means of improving the general health, particularly the enjoyment of pure air, and the use of the shower or hip bath; moderate exercise, especially on horseback; with a wholesome nutritious diet. The *medical* treatment must not be trifled with, as it requires considerable watching; it should

therefore be carried out under the eye of a skilful man. When the slightest appearance of menstruation takes place, the patient should be kept as quiet as possible; and, in order to encourage the flow, recourse should be had to the use of the warm hip bath; indeed, very frequently it will be found that a hot hip bath, containing a handful of the flowers of mustard, used every night for the week preceding the regular time for the flow to appear, and accompanied by a good rubbing with a rough towel of the hips and lower part of the front of the body, will greatly assist in bringing on the proper flow.

(b) *Where the flow is either interrupted or suppressed.*—The same suggestions in the way of treatment apply as in the former case. When interruption has taken place suddenly, recourse should be had to the warm hip-bath, bed, and some warm drink, such as sherry and water, or a little brandy, or hot ginger water. When cessation for one or more periods has occurred, then it is specially important to favour, as much as possible, its restoration by attention to those particulars of general treatment already adverted to.

(c) *Where the amount of the flow is excessive.*—Those who are liable to this form of irregular menstruation should be careful in their diet, choosing a plain and nutritious one. They should attend to the function of the bowels, and maintain the horizontal posture from the time when the discharge commences till its cessation.

In addition, if the discharge, besides being copious, is continuous, recurring over and over again, it is necessary to have recourse to powerful remedies. When the discharge is so profuse as rapidly to reduce the patient's strength—still more, if by it, as has happened sometimes, life be brought into peril—local means of arresting bleeding must also be adopted; foremost among these is the application of cold,—cold cloths placed over the lower part of the body, and to the groins. Injections of cold water may further be employed if the nurse or relatives are skilled in the use of the injecting instrument, but not otherwise.

(d) *Where menstruation is difficult or painful.*—The most common form of this complaint is ranged under the head of neuralgia, for the violent pain with which it is accompanied bears a close resemblance to neuralgic pains experienced in other parts of the body. In such, if the affection is of long standing, the nervous system generally has probably sympathised, and headache, with hysteria and many other distressing symptoms, accompany the menstrual disorder. Many cases of this nature are connected with marked constitutional derangement, more particularly with gout and rheumatism.

For the relief of the extreme pain which accompanies the complaint, soothing remedies are rendered indispensable, and the most suitable medical ones will be prescribed by the medical attendant. In his absence or conjoined to the medicines, the warm,

hip bath may be tried, followed by the application of mustard poultices, or flannel wrung out of hot water and sprinkled with turpentine, over the lower part of the back.

In the general treatment, the greatest attention must be paid to diet and regimen.

MUMPS.

If the case is mild, with little or no fever, confinement to the house, with the application of flannel round the neck, and the administration of an aperient of the effervescing magnesia, together with light diet, will be all that is necessary.

If, however, the attack be more or less severe, the patient should be confined to bed, an aperient should be given, hot fomentations applied to the neck twice or thrice daily, and a thick fold of flannel worn constantly round the neck. A teaspoonful of mindererus spirit, in a little water, may be given once or twice daily until free perspiration is induced. If the testicles or mammæ become affected, the warm fomentations must be removed to them, and they should be supported by means of a broad silk handkerchief tied to another passing round the hips.

The thirst can be removed by sucking ice, or by rinsing out the mouth with cold water, or by swallowing small draughts of cold water slowly, and at short intervals. It may be much relieved by

drinking acid drinks, especially if weak bitter infusions be added. Thus, whey, or common water acidulated with currant jelly or raspberry vinegar. Large draughts of water should be avoided, as they distend the stomach, and give rise to annoying sensations to the patient, and because they retard digestion. Effervescing drinks, moreover, by distending the stomach, are apt to distress the patient. Acid fruits will allay thirst; but they must be used with moderation, as they may produce diarrhœa, flatulence, spasm, and even nausea.

The disagreeable sensation due to the hot, dry skin, may also increase the restlessness of the patient, and thus prevent sleep. This can be allayed by sponging the body with cold or tepid water, one part of the body only being exposed at one time, to prevent the bad effects of cold. Soap may be added with advantage to the water, as it cleanses the skin more thoroughly, and removes any smell that may be connected with the perspiration. This is advantageous, as it is well known that smells of any kind, and especially when disagreeable, lessen the appetite, and may cause headache, nausea, and even vomiting and much depression. And, lastly, strict attention should be paid to the *diet*, both in regard to its nature, and the time and method of its administration. The food should be liquid, so that mastication is unnecessary; thus the inflammation in the glands, which constitutes mumps, is not increased by the movement of the parts; but, at

the same time, it should not be dilute, otherwise digestion is impaired. Thus, good beef-tea, strong mutton or veal broth, gruel, or arrowroot, milk, and eggs may be given, the latter with caution, as eggs often disagree with febrile patients. Pounded, cooked, or raw meat, without spices, are also serviceable. Liebig's beef-tea will, in some instances, be especially beneficial. This, indeed, can often be tolerated by the stomach when all other foods are rejected.

In respect of time and manner of administration, it must be borne in mind that the digestion of febrile patients is mostly impaired, and thus only small quantities of food should be given at one time, and these should be taken at ordinary meal times, and at no other, unless prostration be great, and the quantity that can be given at one time be very small, when the food must be administered at shorter intervals, sometimes even every half hour.

It is inadvisable that the patient should take to allay the thirst any nutritious food, such as milk, as the appetite for food at the proper time is thus much lessened.

If the pulse be weak, the surface cool, and the features nipped, wine and brandy should be given, and warm baths, with mustard to the feet, may prove of service.

See also FEVERS.

NECK, STIFF.

Occasionally an attack is severe, and confinement to the house or bed, with wrapping up of the neck with cotton-wadding or flannel, together with attention to the state of the digestive powers, is necessary. The diet in these cases must be regulated, and an aperient, such as the lenitive electuary, or castor oil, taken if required by the state of the bowels. If the stiffness be obstinate in its duration, it had better be rubbed with brandy and oil, or hartshorn and oil—equal parts—occasionally; or with the following:—Take a piece of camphor the size of a hazel-nut, bruise it in a teaspoonful or so of spirit of wine, put into two ounces of olive oil, and mix them together.

NETTLE-RASH.

As it is closely connected with derangement of the digestive organs, the diet must be carefully regulated. The most simple, plain, but nutritious diet, without wine, beer, or spirits, must be strictly carried out; and if it be found that, in spite of these precautions, the rash still continues, all solid food and vegetables must be discontinued for the time, and only farinaceous diet taken.

In addition to these measures, antacids and aperients may be necessary. The effervescing magnesia will probably form an agreeable and useful medicine

for the purpose, and it should be taken in small doses two or three times daily until the object is effected. If the bowels be obstructed by undigested food, a dose of castor oil will be most appropriate.

To allay the itching, a lotion of a teaspoonful of carbonate of soda to a tumblerful of water may be applied, but local applications are not of much use.

If the affection continues troublesome, it will be advisable to consult a medical man, who will find out the cause, and prescribe an appropriate remedy.

NEURALGIA.

I have referred sciatica, *tic douloureux*, &c., to this head, because the treatment is very much the same, particularly to non-medicos.

Very frequently neuralgia is found in connexion with derangement of the general health — with stomach affection, rheumatism, gout, and uterine disorder; and, in endeavouring to relieve the pain, these causes of it must not be overlooked. Facial neuralgia often arises from a defective condition of the teeth. This must, of course, be remedied; and occasionally the whole set have required to be removed before a cure could be effected.

If the neuralgia arise from rheumatism, it may often be cured by swathing the part affected in flannel, which has been thickly sprinkled with

sulphur. Over the flannel must be placed oiled silk, and a bandage will keep the whole in its place. This is particularly useful in sciatica due to rheumatism.

Advice should be obtained as soon as possible if the neuralgia prove severe; because the medical treatment is very important, but cannot be intrusted to unskilful hands.

As local applications, the following, and others like them may be safely used, but I strongly advise nothing like opium, and other strong drugs being used without proper advice:—Salt or bran, heated in an oven and placed in thin bags: tins of hot water; flannel wrung out of hot water and sprinkled with turpentine, or flannel wrung out of turpentine alone: a lotion of a strong infusion of laurel leaves, and in the case of *facial* neuralgia the leaves may be put in a jug, and the boiling water having been poured into it, a towel is to be wrapped round the mouth of the jug, leaving just room enough for the patient's cheek; the hot, impregnated steam is often very effective; the cheek may be kept over the opening for half an hour or more, but care must be taken not to allow the mouth or nose to enter the mouth of the jug, as the steam is injurious. With ordinary care this can be easily avoided.

The parts affected must of course be most carefully protected from cold or draughts, by flannel or wool, and those accustomed to attacks should always

wear flannel underclothing. In sciatica, chamois-leather drawers often prove very comfortable. The employment of a tepid or cold salt bath every morning, followed by friction, will be beneficial.

Change of air will sometimes be the only remedy. In all cases patients should avoid damp localities.

NOSE, BLEEDING FROM.

This is often salutary, if not excessive; much, however, depends upon the peculiar constitution of the patient. If stout and healthy a little bleeding from the nose will do good, especially in females where the monthly flow is irregular, if it be not repeated often; if, on the other hand, the patient be weakly, and the bleedings are of frequent occurrence, they should be prevented, not only at the time they occur, but from occurring again. To stop the bleeding there are many devices known. Amongst the best perhaps are holding up *suddenly* above the head the hand and arm of the same side as the nostril which is bleeding, and retaining it in that position for a short time; applying cold to the forehead and upper part of the nose; applying a very hot sponge to the back of the neck, care being taken that it does not go too near the head; applying cold, such as a bunch of keys, to the same region; compressing the upper lip close to the nose, thereby cutting off the supply of blood to the nose from one source for the time; or compressing the

nostrils together. Meanwhile the patient should be placed in a chair, or on a bed, with the head kept up, and bent a little backwards ; the neckcloth, or any tight article of dress over the neck, being removed. These means, usually successful, may prove ineffectual, and if this is the case, the sooner advice is obtained the better, for more active measures must be taken.

It should be added that severe bleeding from the nose has been arrested by ordering the patient to take *several deep and frequent inspirations*.

NIGHT-MARE. *See DREAMS.*

PALPITATION.

In the case of all sufferers from palpitation, it becomes a point of the greatest importance to determine whether it depends simply upon functional derangement of the heart, or is connected with some organic change ; for if the latter, palpitation is one of the most common symptoms. Even in those instances where it is clearly dependent upon the former cause, much care is required in treatment, and the employment of every available means for its removal rendered necessary ; because, when neglected or unskilfully managed, the functional derangement with which the palpitation is associated is only too apt to pass into serious organic disease. The first great object in the treatment of

palpitation is to remove, if possible, the cause; the use of stimulants, especially of spirits and tobacco, should be unhesitatingly and entirely interdicted. The regimen should be carefully regulated; all sudden emotions avoided; a due amount of sleep enjoined; all hard study prevented; exercise in the open air, and on level ground, secured; while for diet, along with farinaeous articles, the lighter kinds of animal food may be permitted, if there be no contradiction of their use, owing to the deranged condition of the stomach. Care should be taken that the clothes worn by the patient are not tight, that they by pressure do not incommode the action of the heart. While the ordinary use of stimulants is not to be allowed, but, on the contrary, prevented, during a paroxysm of palpitation a small quantity (half to a teaspoonful) of salvolatile in half a wine-glassful of water, or a cup of *strong* tea, may serve to allay the disagreeable sensations it induces. To prevent their recurrence, and control the excited action, there are various serviceable remedies, but the selection of these must be left to the medical man, who will be guided by the peculiarities of the case. When the general health has suffered, such invigorating means as the cold hip or shower bath, and rubbing of the surface of the body, with other kinds of exercise, should not be neglected.

PARALYSIS.

The requisite treatment will vary according to the cause of the disease, and it is therefore impossible to give more than general directions.

The patient should be kept perfectly quiet until the arrival of the medical man; a little wine or sal-volatile may be given if he appears to require a stimulant, and in all cases nourishing food must be administered, fluid or solid, as the patient is able to take it, and the bowels watched so that they are not confined; the lenitive electuary, or plain sulphur mixed with treacle, (equal parts,) will be found a pleasant and useful aperient in these cases.

Most paralytic patients require to be warmly clothed.

PERSPIRATION, DISAGREEABLE.

Suitable applications for the relief of this symptom have been mentioned under the heads of consumption, &c.; but occasionally it occurs as a symptom, *per se*, the general health being otherwise apparently good. It need hardly be said that cleanliness must be strictly enforced, plenty of scrubbing with soap and water, especially night and morning, careful attention to changing the under-clothing, which should be of flannel, so as to secure a regular temperature, healthy exercise in the open air, on foot or on horseback, and lastly, a plain and

nutritious diet, are the best means to be employed. Occasionally, however, the symptom will resist these efforts, and then the *sapo carbonis detergens*, coal-tar soap, (*see* "Breath,") will often be most serviceable. Should the patient not obtain relief from this, a medical man had better be consulted, as the general health will probably be at fault.

PILES.

The *cause* must here be carefully ascertained and remedied, if possible; otherwise, the piles will be treated in vain. Sometimes a confined state of the bowels, causing straining, is the cause; at others, pregnancy, producing a congested state of the veins at the seat of the affection; or, again, it may be the liver is out of order. On the other hand, the patient may have been, previous to being troubled with the piles, quite well, but has caught cold, or has taken too much opening medicine, the first of which would produce congestion of the veins, the second a relaxed state of the lower part of the bowel.

As it is, however, very difficult, and, in many cases, impossible, for a non-medico to correctly ascertain the cause, I should advise the patient to consult a medical man if the piles be very troublesome, and if by carefully regulating his diet, and exercise, and by taking a sufficient dose of the *lenitive electuary*, every morning before breakfast, to

keep the bowels in a regular condition, and fomenting the parts, as directed, he cannot obtain relief.

As adjuncts to the treatment, he will find *steaming* the piles—by means of sitting over a basin containing hot water—very grateful, if they are very hot and painful to the touch; or sitting for a few minutes in cold water night and morning will serve greatly to strengthen the parts, and to reduce the piles when they are more troublesome than painful, when, in fact, they are less sensitive.

If medical advice is not near at hand, some “gall ointment” may be obtained from a good chemist, and a little rubbed on night and morning. If, after a few applications, the piles feel more painful, it should be left off.

The great secret in the treatment of piles is the regulation of diet and exercise, and of the bowels. Sometimes the piles become so troublesome that operative interference is necessary, but the medical man will decide as to the necessity of this, and the steps to be taken.

RHEUMATISM. *See also* LUMBAGO.

An attack of acute rheumatism requires great care; the doctor should take charge of the case at once, and his directions be strictly followed, or it may be the cause of life-long suffering to the patient. Especially is a *good* nurse, one who understands her duties, and can sit up at night, demanded.

The medical treatment will of course be regulated by the peculiarities of the case; in some patients one plan will be considered best, in others another, and so on. A few general directions may, however, be given, to be negatived or altered or not as the doctor may think best.

The patient should be placed in a bed with sack-ing bottom, or on one of iron—the common wood lath bottoms will be found too hard for many people—in a room sufficiently large to secure plenty of fresh air; no curtains or vallances should be used; there should be a fire in the room to keep a regular temperature which should be a cool one, not higher than 60° or lower than 45° . All excreta should be removed as soon as possible and every care taken to prevent discomfort from slops, &c., by the use of disinfectants, of which carbolic acid, as a fluid, and Macdougall's powder, are the best. As the patient will perspire very much, it is preferable to place him between blankets instead of sheets, on account of the liability to chill from the damp sheets. Some patients, however, will object to this plan. The amount of clothing on the bed must also be regulated entirely by the feelings of the sufferer. Great care must be taken to prevent any chill being taken while the patient is perspiring profusely.

Perfect rest and quiet are essential to the well-being of the patient.

The *diet* should at first be low, consisting of slops, arrowroot, and other farinaceous food. Directly

there are signs of depression, good beef-tea, milk, and lime-water, *particularly milk* (by itself if it can be taken, and if there is no diarrhœa; mixed with soda-water in equal proportions or otherwise, if the milk is too heavy by itself; but with lime-water if there is any diarrhœa, the quantity of lime-water being increased and that of the milk diminished until the diarrhœa ceases. Milk, in fact, is invaluable from the commencement; to those who can take and relish it, it supports the strength most admirably;) should be administered; and if necessary, brandy-and-water or wine, especially sherry in soda-water—the doses of the stimulants to be regulated by the age and the amount of depression; this point is one which should, if possible, be left to the guidance of the medical man. Light puddings, potatoes, and white fish should be allowed as soon as the appetite returns, and the stomach appears capable of digesting them, while mutton, poultry, and beef ought not to be given until convalescence is thoroughly established.

In the early stages, when there is much thirst, a refreshing saline drink will be beneficial; cold water may be freely allowed, but acid drinks must not be given without consulting the doctor, as they may not agree with his medicines.

Local remedies. Unless anything else is ordered, cotton-wadding wrapped round the swollen joints, and covered with oiled silk, will be found grateful; a kind of local vapour bath is produced by it. If this

is not agreeable, rags may be dipped in a saturated solution of nitre in water and applied, care being taken to keep them moist; oiled silk should be applied round these as well.

When rheumatism becomes chronic, the general health, particularly the diet in connexion with the digestive powers, must be attended to with great care. The attacks often arise from pure debility, and will then be best cured by tonics and good food. This is more particularly the case in the poor or in those in embarrassed circumstances. The medical treatment here, again, requires great discrimination, and even after every care and skill has been bestowed, the sufferer frequently requires to be sent to one or other of the springs famed for their power to cure or alleviate rheumatism. The choice of the spring or waters will entirely depend upon the peculiarities of the case.

RINGWORM.

In the commencement of the disease it is advisable to see that the bowels be well opened by the lenitive electuary, or by a dose of castor oil. Great care must be taken to prevent any *contact* with others, as it is very contagious. The patient must sleep in a separate bed and have a regular set of things for his own use and no one else's. Great attention must be paid to cleanliness; and while the eruption continues, the diet should consist of the

lighter articles of food, such as farinaceous food, broths, and fish. The medical treatment, both general and local, must be left entirely to the medical man.

RUPTURE.

Rupture is generally caused by a strain or an accident, and should be attended to by a surgeon as soon as possible. Meanwhile the patient must be laid upon a sofa or bed with his hips and legs slightly raised, so as to give him ease and to place the rupture in the most favourable position for being restored to its proper place. If the patient is faint, support him by giving wine and water, or salvolatile, or a little broth, but do not *over* stimulate him. In other respects he must be kept perfectly quiet.

SALIVA, EXCESS OF.

The *cause* here, as in most other affections, must be ascertained and treated, for the excess of saliva is only a symptom. It arises sometimes from taking too much calomel, or even *any*; or it may be the result of inflammation of the glands which supply it; or again, it may be the result of debility. If possible, advice should be obtained so that the point may be settled and the cause properly treated. The distress occasioned by the affection may be alleviated meanwhile by washing the mouth out frequently with a solution composed of a teaspoonful of pow-

dered alum to a tumblerful of water; or one of a tablespoonful or two of brandy to the same quantity of water may be substituted.

SCIATICA. *See* NEURALGIA.

SCROFULA.

The treatment consists of every effort to improve the general health. A medical man can best decide upon the *particular* line of treatment, but in default of his advice the friends of the patient must see that he has plenty of fresh air and a generous diet; that he is clean in his person, takes a cold hip bath every morning, (if he can bear it,) followed by friction to sustain the circulation; and that he takes sufficient exercise to keep up his health. Too much mental work should be forbidden. A trip to the sea-side occasionally, or a sea voyage, with tours among bracing altitudes and fine scenery, will all assist the endeavours to promote good health.

SCURF ON THE HEAD.

The general health is here at fault; there is a want of tone about it which must be remedied before we can expect the scurf to disappear; although where the head is unclean and sufficient ablution is not practised, it may have arisen in a great measure from that circumstance.

The head should at once be thoroughly cleansed with soft water with a little soda in it; and morning and evening some slightly stimulating wash may be well rubbed in upon the hair. Three ounces of olive oil to one of rum forms a simple and useful wash.

Tonics will generally be required for the general health, with perhaps cod-liver oil, &c.; but the medical man must advise as to this. He will most likely order a different wash, &c., so that the one mentioned is suggested in the absence of advice, and as a safe one to use.

SCURVY.

The treatment almost entirely consists in supplying the patient, in the most easily digestible form, with that material by the deficiency of which his disorder has been produced. Combined with this there will, of course, be needed such a judicious arrangement of general diet as will most easily contribute to his general nutrition. The choice of this will much depend upon the condition of the patient's gums and digestive organs. It is very important that his diet should be varied as much as possible, consistent with the avoidance of diarrhoea. Fresh lemon juice, in the form of lemonade, should be administered as the ordinary drink, *ad libitum*. The existence of diarrhoea should be no reason for withholding this treatment. The looseness of the bowels in scurvy will be uninfluenced by any medi-

cal appliance, so long as the scorbutic condition of the blood remains uncorrected; and the fresh juice of lemon has been proved to be more easily digested than any other form of vegetable food. According to circumstances, the food may consist, besides, of good beef-tea, with eggs beaten up with wine, or, if the patient can bear it, solid fresh meat, roast or boiled, mashed potatoes, cabbages, milk, salad, or sauer-kraut. The diet will require careful observation; but the great general principle is to be borne in mind that the *anti-scorbutic* principle must be received by the patient in one form or other, if his treatment is to be successful. When diarrhœa is persistent, a medical man must be consulted as to the best medicine to be given; or, if one is not near, the directions given under the head of "Diarrhœa" must be followed; the use of fresh lemon juice being, however, continued at the same time. When the gums bleed very much, a strong solution will be ordered by the medical man; but in default of this, a solution of alum—a teaspoonful to a tumblerful of water, or even to *half* a tumblerful of water, if the first is not strong enough to stop the bleeding, may be used.

For the offensive factor of the breath, powdered charcoal, in teaspoonful doses, (as sold by the chemist,) once or twice a day is useful; it may be taken in milk or water, and is quite tasteless, or the charcoal biscuits may be used instead. Instead of either of, or conjoined with these, the mouth may be

washed out occasionally with a solution of *solution of chlorine*, obtained from a *good* chemist, one table-spoonful to a tumblerful of water. This should not be swallowed, though, if a few drops go down, they will do no harm.

For the hard swellings in the hams and legs, friction with warm soap-suds and water several times a day will be employed with most success.

Scorbutic ulcers may be dressed with lint, or rag steeped in lime or lemon juice, and covered with oil silk. But all local remedies are but palliatives, and are inert as substitutes for the constitutional treatment of the disorder.

Amongst the vegetables which may be used as preventitives of scurvy are oranges, lemons, limes, cabbage, lettuce, potatoes, onions, mustard and cress, dandelion, sorrel, grapes, &c. An ounce of lime or lemon juice should be issued daily, when vegetables run short. Potatoes may be conveniently preserved in casks, with the addition of molasses.

Of late years a very ingenious form of preserved vegetables has been prepared by M. M. Masson and Chollet of Paris. It consists of cauliflower, carrot, lettuce, peas, &c., dried and compressed into solid slabs, which are very portable, and keep good for a length of time. The preparation requires soaking for four or five hours in water before use, and then should be cooked very slowly. It is palatable enough; but as a preventive of scurvy, far behind

the fresh vegetables or lime juice in efficacy. Apples are very inferior in their anti-scorbutic properties to orange and lemons. Lime juice is decidedly preferable to lemon juice, when it can be obtained. It is probable that the light French wines possess considerable virtues in this affection.

SEA-SICKNESS.

This is one of the most difficult affections to alleviate, for generally no one is at hand to advise the sufferers when they most want it.

Various are the remedies and appliances that have been tried, none of them with success sufficient to pronounce any one a specific; but certainly many people appear to have kept off sickness, &c., by using one or other of the following:—

1. Wearing as tight a bandage round the body, over the stomach, as can be borne.

2. Taking brandy and soda water, or champagne, frequently, in moderate quantities.

3. Eating small quantities of plain food, such as beef, frequently.

4. Wearing or lying upon an india-rubber bag filled with ice; the bag to be refilled as soon as the ice has melted. Dr Chapman of London strongly advocates this plan. Small lumps of ice may also be placed in the mouth from time to time, and allowed to slowly dissolve.

5. Effervescing powders are often serviceable, as tending to allay the irritation, they may be plain or medicated, but had better be ordered by the medical man before leaving home, so as to have them at hand.

Of course, if there is a medical man attached to the vessel, he should be consulted; and more particularly will he be required if the sickness lasts many days, and is very severe and prostrating.

All persons liable to be sick at sea should lie down on a comfortable seat, with the head raised on a pillow, about the middle of the vessel, as there the motion will be the least felt. It will be better also to close the eyes as much as possible. The *deck* is far better than the cabin, on account of the fresh, invigorating breeze, &c.

SHINGLES.

If any feverish symptoms accompany it, a dose or two of *mindererus spirit*—a teaspoonful to two or three in a wine-glassful of water—may be given in the course of the day. The bowels should be opened by means of the effervescing magnesia or castor oil. A warm bath every night or so, when the eruption is severe, will prove soothing and beneficial, while hot fomentations will ease the pain; or, if these are ineffectual, rags may be applied, after soaking them in a solution of one teaspoonful of carbonate of soda to a tumblerful of water.

If these simple means do not succeed, advice must be obtained.

The diet must, in all cases, be carefully regulated.

SHORTSIGHTEDNESS.

This may be prevented from increasing, if not diminished, by avoiding much exertion of the eyes in minute work, and frequently exercising them on scenes in the open country.

Concave glasses enable shortsighted persons to see at a distance, as they act by increasing the divergence of the rays of light before they enter the eye, so that they may not be brought to a focus before impinging upon the retina. The glasses should be of the slightest degree of concavity, which will enable the person to see objects at the distance he wishes quite distinctly, and at the same time comfortably. When the shortsightedness is very great, glasses may be not only required for distant objects, but also for reading with. For this latter purpose less concave glasses suffice.

Lastly, the glasses had better not be worn constantly, but only when specially required.

SKIN ERUPTIONS.

Shingles, itch, nettle-rash, &c., have been particularly treated of amongst skin eruptions, because most people know them more or less by sight; but

the majority of skin affections require a practised eye, and therefore only general directions can be given as to their treatment.

Most of them are connected with disorder of the digestive organs, and therefore great care must be taken in looking after this point. The bowels are often irregular, and require aperient or regulating doses (*i.e.*, smaller than an aperient dose) of the The lenitive electuary or the effervescing magnesia. diet should, as a rule, be *quite* plain, often only farinaceous. In many cases some peculiar article of diet will have excited, and will keep up the affection. This must be seen to, and omitted. In a few cases, apparently very obstinate, allowing the patient only barley water and cream, the latter in small quantity at a time, will alter the state of matters for the better.

Advice should always be obtained, if possible, in a troublesome case, and particularly should the medical man be consulted before the affection becomes at all confirmed, for it is then most difficult to eradicate. Exercise on foot or on horseback should be encouraged, and every means taken to invigorate the system by a regular mode of living, all parties, late hours, over-exertion mental or bodily being forbidden. Alcoholic liquors should be abstained from unless specially ordered by the medical man; and, as a rule, common soda should be substituted for soap in washing the affected parts.

SMALL-POX.

It is unnecessary to dilate upon the advantages which accrued to suffering humanity from the immortal discovery of Jenner. I would only warn my readers to see that they and their relations are re-vaccinated every seven years at the furthest; the operation should be performed *at once* if any epidemic be raging in the neighbourhood, and a few years have elapsed since it was last done.

Advice should always be obtained as soon as the earliest symptoms appear: often the only symptom understood by the parents or friends is the eruption, and because this is known generally, small-pox is noticed separately; otherwise, it would have been included under the head of fevers.

In the absence of advice, the simpler cases of small-pox, unattended by much eruption, scarcely require any further treatment than confinement of the patient to bed, the exhibition at the commencement of a dose of aperient medicine, such as the effervescing magnesia, or castor oil, &c., and, until the eruption appears, of a few doses of *mindererus* spirit to promote perspiration. (*See "Fevers."*)

In the more severe cases, there are individual symptoms of an unfavourable nature not unlikely to be developed, and these must be met by appropriate treatment.

The imperfect *filling of the pustules* is generally accompanied by a low form of fever, requiring the

use of stimulants—wine or brandy ; these must, of course, be administered with great caution. In all stages, if the patient present a sunken look, and the pulse be feeble, the employment of stimulants is indicated. By giving them with caution is meant that only just sufficient to keep up the vital powers should be given. (On this head, and that of giving food, see “Diarrhœa, Cholera,” &c.)

To prevent the itching over the skin various applications have been recommended ; perhaps the simplest, as well as best, is olive oil, gently smeared over the face, by means of a camel-hair pencil. Nothing leads more certainly to the deformity, which it is so important, if possible, to avoid, as the picking, by the patient, of the pustules during their later stages. In the instance of children, it is well to prevent this self-mutilation by tying the hands, or placing them in bags.

SORE THROAT.

The most common form of sore throat is the affection, severe in its nature, of the *tonsils*. When the pain in the throat and the swelling are great, it may be necessary to apply leeches ; but this point should not be decided by an unskilful person if advice is to be had. Usually, however, the diligent employment of hot fomentations, or the application of a mustard poultice, prove sufficiently efficacious. The inhalation of the steam of hot water, by means of a jug with a narrow mouth or a sponge

soaked in boiling water, or a simple gargle of lime-water with milk, (equal parts,) or of very weak chlorine water, (a tablespoonful to a tumbler of water,) are useful in the early stage. The bowels should be freely opened by laxative medicine, castor oil, the effervescing magnesia, or the fluid extract of senna, and a little mindererus spirits, a teaspoonful or two at a dose, in a wine-glassful of water, administered from time to time. Unless very severe, the inflammation of the tonsils in an acute form does not last for more than a few days; but the disease is apt at times to assume an inveterate or chronic form; and the tonsils, one or other, perhaps both, remaining for a time enlarged may require strong applications, the necessity for, and the selection of which must be left to the medical attendant. A gargle of vinegar and port wine, (sufficient vinegar being added to make it *sharp*,) or an alum gargle, a teaspoonful to half a tumblerful of water may be used meanwhile. A blister (size of a shilling) to the neck over the affected tonsil often is most efficacious in the chronic condition of the tonsils.

When *the ulcerated form* of sore throat occurs, the means recommended for relieving the swelling, &c., must be employed when those symptoms exist, but *local* means are of the most use, conjoined with appropriate constitutional treatment.

Matter is apt to form as the result of inflammation of the tonsils, &c., and when this is found out,

the application of warm bran, or linseed meal poultices to the throat, and warm gargles, or the inhalation of steam, favour the progress of such collections.

In all forms of sore throat, in which the symptoms are at all severe, advice should be sent for at once. The common sore throat, which is, generally, simply difficulty in swallowing, accompanied with a little pain, &c., will in most cases yield to home doctoring of the mildest kind, such as a cold water compress applied at night, (a thick fold of rag, or lint, sufficiently long to *completely* surround the throat, and about four inches broad, is soaked in cold water and placed upon the throat; this is then covered with oiled silk to keep in the moisture; and this, again, is covered with a thick fold of flannel,) a piece of flannel being worn round the throat during the day to prevent any chance of chill: the compress may be repeated for a second, or even a third night, if necessary. Vinegar and sugar, the quantities of each being added to the taste,—it must not be *too* sharp; or orange or lemon juice, mixed with honey and boiled together, may be taken frequently in small quantities, such as a teaspoonful. Cayenne lozenges, or a little cayenne on a piece of bread and butter—the quantity of cayenne varying from a few grains to a small pinch, according to the feelings of the patient; gargling frequently with tepid salt and water—a teaspoonful to a tumblerful of water—or with port

wine, with or without the addition of a little cayenne pepper. These are all good remedies. The following recipes must be made up by the chemist, and are also very useful :—

Alum, powdered gum acacia, of each one drachm; nitrate of potash, one drachm and a half; powdered white sugar, two drachms. Make into a powder. Dose—as much as will lie upon a fourpenny piece to be laid on the tongue, allowed slowly to dissolve and trickle down the throat.

Nitrate of potash, one drachm; sugar, three quarters of a drachm; powdered gum Arabic, half an ounce. Beat together with a little water, and make into lozenges. Essence of lemon may be added.

Borax, two drachms; sugar, one drachm; water half a pint—mix: a tablespoonful four times a day.

Clergyman's sore throat is sometimes of an ulcerated character; at others, merely a state of relaxation. Both forms may be alleviated by the suggestions already made, though more severe remedies will often be requisite. Much may, however, be done by endeavouring to raise the tone of the general health, and by never allowing the voice to be raised in preaching above the natural pitch.

If these means fail to prevent a recurrence of this disease, the throat should be properly covered; and no protection is more efficient than that which nature has provided. Hence the beard ought to be worn.

In obstinate cases, a winter at Undercliff, or at Torquay, at Pau, at Malaga, or at Algiers, may be strongly recommended.

SPITTING OF BLOOD.

This may be a serious symptom, arising from the lungs, or it may simply be the result of retching in sickness, or straining of the throat, as in a violent fit of coughing. If it be not the two latter, it will be advisable to obtain a good opinion as soon as possible. If, on the other hand, it arise from either of the two latter, and there be no cause for suspecting mischief in the chest, the symptom will cease when the *cause* is alleviated—the sickness or the cough.

If it arises from the chest, care must be taken to prevent the patient from over-exerting himself in any way. He should not walk quickly, run, or otherwise expose himself to excitement of any kind. The general health must be improved in every possible way by a generous diet, healthy climate, and perfect quiet. The medical man will further advise as to the best means to be used with respect to medicines, cod-liver oil, &c.

SPRAINS. *See ACCIDENTS, PART II.*

SQUINT.

In young children, where the affection *is seen early*, I have known a cure result from carefully covering over the *sound* or unaffected eye with a shade, made of light cardboard covered with silk, and making the child use the affected eye only. The sound eye must, however, be *quite* covered; and after this has been carried out for a few weeks, or even less, the experiment can be tried of allowing the little patient to use both eyes. If not successful, the sound eye must again be covered for a further period.

If the squint still persists, the child should be seen and treated by a good surgeon.

STOMACH, PAIN OR SPASM IN.

1. If the pain occurs *occasionally*, when the stomach is empty, when there is or is not any flatulence, and if it is relieved by taking food, it often yields to alkalies. A tea-spoonful of sal-volatile, in a wine-glassful of water, or a dose of Dinneford's fluid magnesia, will still the whole uneasiness sometimes in a moment, as if by magic. The recumbent posture generally gives relief.

2. If the pain is felt *immediately* after taking food, and continues during the whole process of digestion, or until vomiting ensues, which gives instant relief, advice had better be obtained, because

in all probability some disease of the stomach is present, and must not be trifled with.

3. When *uneasiness*, rather than *pain*, occurs soon after a meal, with a sensation of weight at the pit of the stomach, and indisposition to bodily or mental exertion, we may infer that the work of digestion is slow and difficult, in consequence of a too scanty secretion of the gastric juice. For this form, those remedies are the most proper which are believed to promote the secretions of the stomach, the best of which is Morson's pepsine wine, in doses of one tea-spoonful in one or two of water or sherry immediately before or directly after each meal.

4. Where pain does not begin until from *two to four hours after a meal*, but continues for several hours, the *acid* of the stomach is often in excess, and the pain is generally removed or mitigated by introducing an alkali into the stomach, whereby the acid is neutralised; even the swallowing a cup of warm tea, by which the acid is diluted or washed away, often stops the pain; and the *recurrence* of the pain may often be prevented by taking a small quantity of alkali immediately after dinner. Dinneford's fluid magnesia, or lime-water, will be found useful. Some cases are, on the other hand, benefited by acids. In these the pepsine wine will be generally effective.

5. Where there is spasm, accompanied or not by distension, anxiety, and restlessness, and in females with hysteria, the affection is often very intractable;

occasionally it yields to carminatives, *e.g.*, to a few drops—two to five for adults—of cajuput oil suspended by means of a teaspoonful of gum mucilage in half or a whole wine-glassful of peppermint or other aromatic water. A mustard poultice often removes it. (*See* also “Flatulence.”)

6. Where spasm occurs in gouty people, it should not be trifled with, but advice obtained at once, as it may be a symptom of inflammation of the stomach.

In all cases where alkalies do not relieve, charcoal, in the form of powder, in teaspoonful doses, in half a wine-glassful of water, or as biscuits, may effect the purpose. They may, of course, be given in lieu of the alkalies.

STYE.

Nothing is generally required beyond attention to the bowels—an aperient dose of the effervescing magnesia, or of the lenitive electuary, being taken if necessary; fomentations to the affected eye, (the mindererus lotion will be found useful, *see* “Eye,”) and regulation of the diet; plain farinaceous food, with broths, &c., only being allowed when the eye is much inflamed. In more severe cases, two grains of gray powder may be given at night, (and it will be safer to get the two grains at the chemist’s as a small powder,) to be repeated if the inflammation continues. When matter has formed, the eye-lashes at the place, which will be found quite loose,

are to be plucked out, and the matter evacuated by a slight prick of a needle, (not a pin.) This being done, the warm fomentations are to be continued for a day or two.

ST VITUS'S DANCE.

The *cause* should always be sought for before any particular line of treatment is determined upon. To this end, proper advice should be obtained on the earliest signs of the disease showing themselves. In the absence of this, or until it is obtained, the bowels should, as a general rule, be cleared out by a dose of the lenitive electuary or castor oil. After this, the tonic plan of treatment should be steadily persevered with; gymnastic exercises, the cold shower or hip-bath, sponging with salt water, &c. In cases of delicate children, the water should, for a time at least, be used tepid.

If the *cause* be any derangement of the menstruation or monthly flow, see that this be particularly attended to; and the patient must be sure and tell the doctor *everything* which is likely to have been or to be the cause.

The diet should be light; all articles of food likely to disagree being strictly prohibited. The patient, moreover, should be carefully protected from any violent emotions, kept as tranquil as possible, and permitted to enjoy moderate exercise, when the weather is fine, in the open air.

Although the cause—such as disease of the heart, rheumatism, a fright, disorder of the gums or bowels, as in teething, worms, &c.—be ascertained, and the disease treated properly, St Vitus's Dance is often very obstinate. Parents and friends must therefore not be distressed at the case not getting well rapidly, as in many instances months, or even a year or two, elapses before the disease is overcome, or subsides.

STOUTNESS, OR EMBONPOINT.

The management of a case of this kind must embrace not only the prevention of the increase of fat, but the diminution of the redundant quantity which has already been formed, and this must be done without lessening the natural vigour of the system.

Mr Banting's pamphlet on this subject, which appeared in 1864, is a very sensible production, and is perhaps as good a guide as the general reader could take. After trying many remedies—including fifty Turkish baths, with a large quantity of physic—without the slightest benefit, he consulted Mr William Harvey, who cut off the supply of bread, butter, milk, sugar, beer, soup, potatoes, and beans, and ordered the following diet:—

Breakfast.—Four or five ounces of beef, mutton, kidneys, broiled fish, bacon, or cold meat, (except pork ;) a large cup of tea, without milk or sugar, a little biscuit, or one ounce of dry toast.

Dinner.—Five or six ounces of any fish except salmon, [it would have been as well also to have forbidden herrings and eels,] any meat except pork, any vegetable except potato, one ounce of dry toast, fruit out of a pudding, any kind of poultry or game, and two or three glasses of good claret, sherry, or madeira. Champagne, port, and beer, &c., forbidden.

Tea.—Two or three ounces of fruit, a rusk or two, and a cup of tea without milk or sugar. [Coffee might have been allowed.]

Supper.—Three or four ounces of meat or fish, and a glass or two of claret.

Nightcap.—IF REQUIRED, a tumblerful of grog, (gin, whisky, or brandy, without sugar,) or a glass or two of claret or sherry.

At the same time, a draught containing a teaspoonful of sal-volatile, with about as much carbonate of magnesia as will lie upon a sixpence, was given once or twice daily in a wine-glassful of water on an empty stomach. The result of this treatment was a gradual reduction of forty-six pounds in weight, with better health than had been enjoyed for the previous twenty years.

Every patient under treatment for this disease should be regularly weighed, while the condition of his health is to be carefully watched. Particularly, heed is to be taken that the appetite does not fail, the power of digestion fall off, constipation of the bowels take place, the action of the heart become

enfeebled, or the blood get impoverished. Firmness of purpose and steady perseverance will be needed. As a rule, the diminution should not be allowed to progress more rapidly than at the rate of one pound a week ; and it ought not to be carried to too great an extent.

If any doubt exists in the mind of the patient or his friends as to the success or safety of the plan suggested, either at the commencement of or during the treatment, a medical man should be at once consulted or harm may be done by going on with it.

Turkish baths should never be taken without advice.

TEETHING.

In spite of great care, many children suffer very much during the period of dentition ; on the other hand, others pass through it without the least trouble : much, however, depends upon the management of the food, clothing, exercise, &c., of the little patients, and it is upon these heads that a few remarks may be made.

The Food should be of such a nature as thoroughly to agree with the patient. If the mother's milk disagrees, she should try to remedy this by carefully regulating her diet. She should not take any stimulant unless ordered by the medical man, and should endeavour to find out the particular article or articles of diet which

disagrees with the child, because it is a fact that the baby will be very much influenced by what its mother eats and drinks. If, however, all these efforts are unsuccessful, a perfectly healthy wet-nurse may be secured, and she will be best chosen by the medical attendant of the family; or, the child may be brought up by hand for a change, or for a permanency. Liebig's Food for Infants is perhaps the *best* imitation of the mother's milk. This may be found to agree well, but to be too heating while teething is going on; in this case a few teaspoonfuls of Dinneford's fluid magnesia may be added to each meal of the food, the quantity added being just sufficient—and this will be attained by experience—to allay the feeling of heat and irritability produced by taking the food alone. Should this not answer, the child may be fed on corn flour and water. *Polson's* is a good variety of this, and generally agrees well: a little milk may be added to it. Or arrowroot made with water and a little milk added; or isinglass dissolved in equal parts of milk and water, so as to resemble arrowroot in consistency, may be taken instead.

The heat of the child's mouth may induce the desire for the breast (when the mother is feeding the child) too frequently, in order to obtain the grateful relief of moisture; in this there is need of caution; a little lime-water or barley-water may at times be given instead.

In older children, where several teeth have passed

through the gums, too much animal food should not be indulged in in *any* form until the rest of the teeth, or nearly all, have appeared. Beef-gravy, with potato, is better even than mincemeat, but much depends upon the age of the child and its appearance. If it is suffering from the want of animal food, is looking thin, &c., then mutton, beef, &c., may be required to give the requisite strength to the system to enable the teeth to break through; if so, mincemeat, soups, &c., will be the best form to give them in, so as to give the tender mouth as little as possible to do. The management of this must be left entirely to the good sense of the mother; but if she is puzzled, the medical man had better be consulted.

The Clothing must be of such a nature as to keep the child comfortably warm. Disregard fashion and appearance, and clothe the child according to the climate, the warmth of the house, &c. As a rule, children grow up puny and weak, because they are allowed to go with bare arms and shoulders, and cold feet. Much will, however, here, as with regard to the food, of necessity depend upon the discretion of the parents.

Air and Exercise.—These are most important. The sitting and bedrooms must be well ventilated, but not allowed to get cold or chilly, and abundance of exercise in the open air should be obtained when the weather is fine and open. Damp air will do more harm than good.

The Bowels must be kept regularly open. This is of very great importance. For this purpose the fluid magnesia (Dinneford's) in doses of one or more teaspoonfuls; or castor oil, a teaspoonful or more; or a small dose of the lenitive electuary, may be given when required. If the bowels are *disordered*, castor oil will perhaps be the best; after its operation a little lime-water may be given, a teaspoonful every two hours or less, until the irritation has ceased.

If the child has difficulty in *making water*, the warm bath often brings relief. For the treatment of "Thrush, Convulsions," &c., see under the particular heads.

As regards the question of lancing the gums great discretion is required; as a rule, they should *not* be lanced if there is any disturbance going on in any other part of the body, because *this* may have caused the irritation instead of the gums. Also, the tooth or teeth must have nearly passed through the gum, or it should not be cut—a certain shiny appearance together with the feel of a hard substance over the spot, indicates the state of affairs tolerably clearly, generally. If advice is at hand, it should be taken on this point most certainly, for much misery has often resulted to the little patient from an unnecessary use of the lancet. If the gum is cut without good grounds, the result is to render that part doubly thick and tenacious and to give great pain to the little patient very shortly.

In the absence of the advantage of medical advice the parents must use their own judgment, but it will, of course, be very difficult for a non-medico to give the proper significance to the various symptoms that occur. However, if convulsions occur, if there is troublesome diarrhœa, which will not yield to treatment, or any other prominent symptom, then the gums must be lanced slightly and the effect carefully watched. If the child is very feverish, the warm bath and a small dose (according to the age, from a few drops to half a teaspoonful) of mindererus spirit, in one or two of water, will be useful.

Be careful to see that children are not *over-fed*, for this is a fruitful source of difficult dentition amongst other evils.

To alleviate the forms of *scald eruption* which are very liable to occur during teething, and often cause disagreeable scabs and matting of the hair together, very little should be done while teething is *progressing*, excepting keeping the head perfectly clean by frequent washings with soda and water (carbonate of soda being used) followed by the application of a little pure glycerine when the parts are very dry; or, when wet, by dusting a little flour or violet puff over it, particularly behind the ears and over the neck, down which the eruption is apt to creep. Should the eruptions continue after dentition is over and the means now mentioned be ineffectual, an alkaline lotion of carbonate of soda,

one teaspoonful to a tumblerful of water may be used, rags being soaked in it and applied, care being taken to *keep* them moist. It may be alternated with the glycerine, the former when the head is moist, the latter when dryness of the scalp exists; the head being, at the same time, protected from the atmosphere by a covering.

In the second dentition, while the changes taking place in the mouth of the child are not attended by an equal or the same constitutional affection as so often occurs in that of the infant during the first, there is often room, while it continues, for increased watchfulness and care. In those who are predisposed, various nervous affections, as St Vitus's Dance and Epilepsy, are not unapt to be developed; and unless care be exercised, the general health may become more or less injured.

THRUSH.

In the treatment of this disorder, common in young children, and more particularly so during the period of teething, attention should be paid to the state of the general health, particularly the stomach and bowels. Small doses of Dinneford's fluid magnesia and the use of lime-water, will be found useful. The diet should be nourishing but light. The application of a mixture of borax and honey as an ointment, which can be obtained from the chemists

or may be mixed at home, equal parts of both, will often effect much good. Or a teaspoonful of *sulphite of soda* may be obtained and added to an ounce of water, and used as a lotion to the spots.

The same treatment is suitable in thrush which is very generally associated with diarrhœa. Both forms of disorder are not uncommon in the advanced stages of many lingering complaints, consumption for example.

THUMBS, CRACKS IN, FROM COLD.

This is one of those troublesome little affections which often cause great annoyance, but for which advice is rarely obtained. The general health is in most cases good, and local applications are all that is required. The best, perhaps, is placing a drop of pure glycerine in the crack two or three times a-day, keeping the thumb covered with an old kid glove. If this is found not sufficient, after a few days trial, the crack must be, in addition, drawn together by means of a piece of adhesive plaster.

TIC DOULOUREUX. See NEURALGIA.

TONGUE, AFFECTIONS OF.

If the tongue is suddenly affected with inflammation, swells rapidly, becomes very painful, and

renders the patient liable to suffocation, advice should be sent for *immediately*, as no time must be lost in taking prompt measures. Meanwhile, give the patient, if he can swallow it, a full dose of castor oil, or a seidlitz powder, and apply hot bran to the throat outside, and at the same time foment the swollen tongue with sponges wrung out of boiling water by means of a towel laid across the basin, so as to prevent the fingers being scalded. The applications of heat and the fomentations must be kept up until relief is obtained, or the medical man gives other directions.

Ulcers of the Tongue. Most of these arise in those in whom the constitution is at a low ebb, therefore, every means must be taken, according to the condition of the patient's strength, to raise his strength. The bowels should also be kept open and in a healthy condition, and the ulcers clean. Advice will be required in nearly all these cases, because the patient will be ordered local treatment, probably, and will require medicinal tonics. Cod-liver oil is, however, a safe medicine to order, and in the majority of cases will do much good. It should be given in teaspoonful doses, twice or thrice daily in ginger wine, beer, &c.

Cancer of the Tongue requires proper advice and attendance. The points to be aimed at, generally, are to relieve the pain and keep up the patient's strength. For the former, in the absence of the doctor, a lemon may be sliced and laid upon the

cancer, or rags soaked in lemon-juice may be applied, and lemon-juice may be given, as much as liked, several times a day.

Cracked Tongue. When this appears to a slight extent, the stomach may be at fault as the cause, and attention to this organ will soon send it away. As a local application, a lotion of borax and honey, or borax and glycerine acts very advantageously. Sometimes the fissures or cracks are very deep, and cause serious inconvenience, they will then require the opinion of a medical man.

Tongue-tied should always have proper advice.

TOOTHACHE.

If this is a purely *neuralgic* affection, and if it is so, the pain will not be limited to one tooth—means must be taken which have been advised under that head.

If pure toothache, arising from a decayed tooth, one of the many numerous remedies known by every sufferer must be tried. The following are a few examples of the kind:—

(a.) A few camomile flowers heated dry or in a little boiling water, and applied to the gum of the affected tooth.

(b.) A poultice made of camomile flowers boiled, and then applied between two pieces of muslin, to the outside of the face over the affected tooth.

(c.) A piece of ginger placed in the decayed tooth.

(d.) Washing the mouth out well with salt and water.

(e.) Placing a drop or two of nitre, or of creasote on a piece of wool, inserting it in the hollow of the tooth.

(f.) Trying the same thing with chloroform instead of creasote, &c., only great care should be taken with the chloroform not to use too much. It may also be rubbed on the cheek outside and inside with the hand or finger. *Under advice*, but not without, a few whiffs may be taken by the mouth.

(g.) Hot dry bran may be applied to the cheek.

(h.) The heat of laurel leaves steeped in a jug of boiling water may be applied by wrapping a towel round the mouth of the jug, leaving just room enough for the affected cheek to be laid upon it, and receive the benefit of the steam.

An aperient will often be found useful; the effervescing magnesia or a seidlitz, &c., will be the most appropriate.

It need hardly be added that as soon as possible the patient should pay a visit to the dentist.

After using fomentations, &c., flannel or a silk handkerchief should be worn round the cheek for a time; and at night it should particularly be covered up on account of the chill liable to be caught.

If any matter is forming about the tooth, frequent rinsing of the mouth with warm water will

favour its formation : unless it finds its way out by the side of the tooth, &c., it will be required to be opened by a lancet, and this should be done by a surgeon, if one is at hand.

To prevent decay of the teeth, nothing is of greater importance or service than constant attention to cleansing them ; brushing with precipitated chalk tooth powder, and occasionally with charcoal.

VOICE, WEAKNESS OR LOSS OF.

Under the head of "Throat" will be found directions for alleviating sore throat, which is so often accompanied by loss of, or weakness of voice.

Loss of Voice when perfect, or even only partial, and *not* dependent upon ordinary sore throat, sometimes returns gradually without any remedies being applied, or, under the influence of the cold compress, (*see* "Throat.") But some cases remain without any alteration, and these require to be seen and examined by a skilful laryngoscopist.

VOMITING.

In endeavouring to relieve vomiting, regard must always be had to the particular condition on which it depends. When consequent on a disordered state of other organs than the stomach, it is to the one affected that attention is to be paid. That

variety of vomiting which depends upon the presence of some irritating substance in the stomach—as for example bile—is often relieved by subjecting the organ to a thorough cleansing; for this purpose, nothing is better than warm water; a tumblerful should be swallowed; it may be speedily rejected, or it may remain; in either case, the vomiting usually ceases. An aperient of castor oil, or effervescing magnesia, should be administered as soon as the stomach is quiescent enough to bear it, unless the bowels have been freely opened. When this has been attended to, the application of a mustard poultice over the stomach tends still further to quiet the vomiting. Plain effervescing powders (to be obtained from the chemist) prove grateful to the patient suffering in this way, and exert a beneficial action as well. Ice, in small lumps, often proves very useful when allowed to dissolve slowly in the mouth. A few drops of chloroform—two to ten—may be given in a wine-glassful of water, and may be repeated every three hours. Sal-volatile—for an *adult* half a teaspoonful—with or without a few grains of carbonate of soda, as much as will lie upon a sixpence, in a wine-glassful of water, often does much good. If these do not answer, send for advice immediately. Indeed, if the vomiting does not arise from apparently trivial causes, it will be wiser to send *at once*.

VOMITING OF BLOOD.

In all cases the patient should be placed in the recumbent posture in bed, and perfect quiet enjoined. The hands and feet should be kept warm by being placed in hot water, and mustard poultices may, for a brief time, be applied to the calves. Cold, by means of cloths or ice, may, if the amount of blood lost be considerable, be applied over the stomach.

The bowels should be acted on when there exists symptoms indicative of derangement of the liver and spleen, such as pain, and sense of fulness in the right or left side. The lenitive electuary may be sufficient; if not, Epsom salts must be taken—half an ounce or an ounce—in nearly a tumblerful of water.

When the bleeding from the stomach replaces the monthly flow, the great object must be to restore the latter.

In all cases in which a tendency to vomiting of blood exists, great attention should be paid to diet; only what is light, and most easy of digestion, is to be allowed; milk, with one-third or one-half of lime-water, the white of eggs, and, after a time, animal soups and jellies, are most suitable.

The medical treatment of these cases is of very great importance, so that advice should be sent for without loss of time.

WALKING IN SLEEP. *See* DREAMS.

WARTS.

These are best not trifled with by cutting them, as boys are apt to do, as they sometimes turn into dangerous growths when thus irritated. They generally go away gradually. If, however, they should remain and disfigure the hands, the medical man will soon dispose of them. They should be kept quite clean. Applying the juice of the *greatcelandine* every other day, for three or four times, will often send them away.

WASTING AWAY. *See* GENERAL WEAKNESS.

WATER.

There are many different ways in which the water may prove a source of trouble to the patient, more particularly in the male. Advice had better be taken at once, but meanwhile the symptoms may be alleviated by a careful regulation of the diet, and the avoidance of any food or liquid *found by the patient* to disagree and aggravate the symptoms. A few doses of the effervescing magnesia, or a teaspoonful of pepsine wine before meals, may also be of service. The patient should take plenty of fresh air and exercise, and indulge in the cold hip or shower bath, with abundance of friction.

WATER-BRASH.

When there is a tendency to confined bowels, some aperient must be administered occasionally until proper dieting, &c., renders it unnecessary. The fluid magnesia, or the lenitive electuary, will probably be all that is necessary.

The diet must be carefully attended to in all cases ; and as the disorder often arises from the use of innutritious or unwholesome food, the adoption of a more varied and generous diet, including a sufficient proportion of meat, is essential to the permanent success of any remedy.

WEAKNESS, GENERAL.

The treatment comprises great attention to diet and regimen, and the best medical advice. The particular line to be marked out for the patient must so entirely depend upon the peculiarities of the case that only general instructions can be given, to be followed in case no advice is at hand.

If the debility be very great, as in a patient recovering from fever, starvation, &c., very moderate quantities of food must be given at a time, and frequently, and for the first day or two, or more, the food should be fluid or farinaceous ; afterwards, very gradually, more solid nourishment may be given until a full diet is arrived at.

Ventilation should be properly attended to.

Exercise in the open air should be enjoyed as soon as possible ; in a carriage or bath chair at first, if too weak to walk, and afterwards on foot or on horseback. Conjoined with these, bathing in the sea—*just a dip*, and no more at a time, followed by friction with a towel—will be of great service. Or, if this cannot be obtained, a cold hip or shower bath may be indulged in at home, and salt can be added to the water, if liked. In winter the water may be tepid, if cold cannot be borne. *Stimulants* should only be used with advice, as they often do more harm than good.

Cod-liver oil is a safe drug to try. It may be taken in a variety of ways, such as in coffee—milk—beer—ginger wine—poured on water and sprinkled with oatmeal—a plan much adopted by the lower classes—or plain, &c. *Small* doses do more good than large ones, and they have the advantage also of not disgusting the patient—a teaspoonful twice daily is generally sufficient, and it is best taken directly after meals, as it digests well at that time.

Pepsine wine—in teaspoonful doses before or after meals—is of great service in raising the appetite in weak people, and may be taken for a week or two at a time either by itself or in a few spoonfuls of water or sherry.

WHITLOW.

The severity of the inflammation in whitlow varies considerably ; there is the *mild* form, which generally yields to fomentation with hot-water cloths, or poultices, and if matter forms, whenever it is relieved by the lancet, speedily heals ; but there is a much more formidable affection, in which the deep textures of the finger are involved, accompanied by severe pain, throbbing, and much redness, heat, and swelling. *This form* is only to be relieved by free and early incisions with the lancet ; for if this be neglected, the bones are affected, and they become destroyed. It would therefore be advisable to submit the finger to the inspection of a surgeon when it does not easily yield to fomentations or a poultice.

WORMS.

The treatment depends upon the kind of worm to be attacked. Mothers and non-medicos will only recognise *three*. (a.) The small thread worm which troubles children so much. (b.) The round worm which is seen in children, generally between the ages of five or six, and twelve. (c.) The tape worm which principally troubles adults.

(a.) *The Thread Worm*.—These may generally be killed by enemata (or injections) of cold water, or of salt and water, or of lime-water, or of infusion of quassia, (which can be obtained from the chemist.)

Care must be taken to learn how to use the enema instrument properly, or else a properly qualified nurse must perform the operation. Salt may also be taken by the mouth, and plenty of it must be taken with the food, which should be well cooked. The enema may require to be persevered with twice a week for a month or longer, and even then, although all the worms may appear destroyed, they will often appear in a few weeks afterwards.

In addition to these means, the general health must be improved in every possible way, as in "General Weakness," and tonics will probably be ordered by the medical attendant.

(b.) *The Round Worm*.—This form requires medical advice, as, although the same means must be taken to improve the general health, to have the food thoroughly cooked, and to take plenty of salt with it, strong medicines are generally necessary. In the absence of advice, salt in half-teaspoon doses, covered with cochineal, given twice a day, is very useful.

(c.) *The Tape Worm*.—A certain preparatory arrangement is considered essential to the success of the remedy. On the first morning of treatment, give a dose of castor oil or a seidlitz powder; during the day keep the patient on very low diet, only allowing beef-tea. At night, repeat the purgative, so that the worm or worms get thoroughly uncovered by the removal of the contents of the alimentary canal. Consequently they receive the

full benefit of the, to them, poisonous dose of male fern, &c., which is taken the first thing on the following morning. By this means, perhaps once or twice repeated, there will seldom be any difficulty in removing the whole worm, including the head. To prevent its re-formation, tonics should be given.

A medical man should direct the treatment if possible; but if no one can be consulted, the best chemist near can be asked for a dose of male fern for the age of the patient, and given according to the above directions.

Oil often allays the itching. This teasing symptom may sometimes be quieted by applying a towel, wetted with cold water, to the fundament, while in bed.

If there is any doubt about the kind of worm which is troubling the patient, or the treatment, a medical man should be consulted.

The Guinea Worm.—Although this is seldom or never seen in this country, it may be useful if the treatment necessary is described, in case the reader should ever meet with a case.

The only treatment which these cases appear to admit of, is the gradual and careful extraction of the worm, and lest that part of it which already protrudes should recede, or be broken, it must be gently wound day by day, round a small stick, or a little roll of adhesive plaster, pains being taken not to pull upon it so much as to risk its being torn asunder.

The roll should be protected by a bandage. Whenever, by accident, the animal is broken, very serious consequences ensue; violent inflammation of the part, abscesses, &c. The extraction is tedious work. Where, indeed, the areolar tissue is very loose, as in the scrotum, the worm is occasionally drawn out at the first attempt; but the process sometimes occupies weeks, and its average period appears to be not less than ten days. When the course of the animal is quite superficial and obvious, the natives are accustomed to make an incision in the skin, at about the middle point, and to pull the worm through from both ends. When once it is out, the parts soon heal. All other medication (and much has been tried) has been found useless; except, perhaps, the administration of assafoetida, and that not as a means of cure, but of prevention. It is said that the Brahmins in India, who are in the constant habit of using that drug are exempt from attacks of this worm. Cleanliness was also found, in the army, to be a considerable protection. Oiling the uncovered parts of the body has been suggested as a possible defence against this worm. All individuals travelling in districts where the guinea worm is found, should take care to have the feet well covered; to dry the skin thoroughly after bathing or wading through pools, marshes, &c.; and to avoid lying on the damp ground with any part of the body exposed to the soil.

PART II.

HINTS TO BE FOLLOWED IN CASES OF EMERGENCY; ARRANGED IN ALPHABETICAL ORDER.

BLEEDING.

When from a cut or wound there is considerable bleeding, the means most efficacious for its arrestment is pressure applied directly over the part. Portions of lint or rag, folded into a thick piece or compress, should be placed over the source of the bleeding and retained in position by a bandage—a handkerchief answering all the purpose—firmly adjusted. When blood escapes from an artery, the application of a ligature round the wounded vessel is often required; but until the assistance of the surgeon is procured pressure should be had recourse to; and, in addition, if the bleeding be from a limb, a tight bandage should be placed round it, a little nearer the trunk than the site of the bleeding. Bleeding from leech-bites, particularly in children, is sometimes difficult to stop; a small portion of lint or rag, just sufficient to cover the wound, should

be placed over the bite, and very firm pressure exerted with the finger. If this fails, assistance must be obtained.

BRUISES.

When a severe bruise of any kind has been sustained, the sufferer should, for some time—at least a period of days—remain perfectly quiet, and give rest specially to the bruised part. When fainting, or an approach to the condition of swooning, has accompanied or speedily succeeded the infliction of the bruise, the reclined posture should be assumed, and reaction may be brought about by the very cautious administration of stimulants,—a little wine or brandy or sal-volatile. It is because inflammation is apt to follow a severe bruise that, after such injury, the patient should be kept quiet and allowed a spare diet only, so as, if possible, to avert the threatened consequences. In less severe injuries, when swelling with pain and stiffness are its most troublesome results, besides rest, fomentations with hot water, &c., may be applied; and when the pain has subsided, if much swelling with the familiar black and blue hue over the part remains, rags dipped in a solution of brandy and water—a tablespoonful to half a tumblerful of water—may be used; afterwards, gentle friction with the hand and bandaging. The tincture of arnica (*see* “Sprains”) is of great value in relieving the pain and preventing swelling, and

may be applied from the first. It often does away with the necessity for fomentations, and prevents the discolouring. It may, however, be applied after the fomentations if wished.

BURNS AND SCALDS.

When a person's clothes are ignited, the great object is to cut off, as speedily as possible, the approach of air to the burning substance; instead, therefore, of walking or running about, thereby fanning the flames, the sufferer should fall on the floor, and by rolling and turning about on the ground, endeavour to smother them. If assistance is at hand, the sufferer should, as quickly as possible, be completely covered with a rug, table-cloth, curtain, or other woollen or stuff article at hand. The pain caused by a severe burn or scald is generally extreme. When recently inflicted, nothing tends more decidedly to soothe or deaden the suffering than cold water; the burnt part should, therefore, be immediately place in cold water, or thin cloths dipped in cold water should be applied and frequently renewed over the injured surface. After the lapse of a short time when the cold fails to relieve, rags dipped in carron oil are to be substituted for the water, care being taken to keep the rags moist with the oily mixture until the burn heals; this is the main point in the treatment, the rag or linen must *not* be removed or changed. The carron oil may

be applied from the first if it is at hand; but, cold water being nearly always to be had, will be found very grateful until assistance arrives. Many apply cotton-wadding at once, covering the whole with oil-silk, both to assist in keeping out the air and to prevent any matter finding egress and causing trouble to the patient; but this plan is, I think, objectionable in many respects, it necessitates frequent change of the wadding, &c., which gives very great pain, and is not nearly so soothing as the carron oil, if the linen, &c., is not changed, but kept moist. If the carron oil cannot be obtained all at once, whitening and linseed oil mixed together into an emulsion may be substituted; or even whitening and water, or the common plastering of a room mixed with water, will answer for the time. *Carron oil* is linseed oil and lime-water—equal parts—and requires to be shaken well before use. A large bottle should be kept in every nursery cupboard, or in every house, on a place easy of access, a large label being affixed to it, with plain directions.

In smaller burns, where the wound is frequently looked at, if blisters form, the elevated skin may be gently punctured in a few places with a needle, so as to give vent to the thin watery fluid underneath. It should not, however, be altogether removed, but allowed to fall down over the injured skin underlying it. In process of time, a raw or ulcerated surface is disclosed, to which portions of lint or rag

dipped in warm water, and covered with oil-silk, should be applied, and renewed at least once in the twenty-four hours. It is a matter of opinion, however, whether, if the case be sufficiently severe to demand the trouble of making this application, it would not be a more comforting plan, and one which would give much less trouble, to apply the carron-oil treatment.

When a burn has been caused by gunpowder or other explosive mixtures, it may be necessary to remove the irritating particles by means of a poultice or two. This should not be done, however, unless it seems absolutely necessary from the appearance of the wound, because the patient will suffer so much more pain from the process than he would do if the carron oil were applied immediately.

Many cases of severe burns require careful constitutional, as well as local, treatment. Fever is apt to supervene, and, of course, the patient will be very restless, &c., so that advice should always be had, if possible. Still, it is wonderful what a soothing and beneficial effect the carron oil has upon the patient, who would otherwise require strong opiates, &c. He must be kept perfectly quiet and have all the advantages suggested for a "*fever*" patient—roomy apartment, fresh air, and a diet suited to his condition; the bowels must be opened occasionally by a mild aperient, as the lenitive electuary or the effervescing magnesia.

If any *proud flesh* appears in a wound, it will

often be removed by sprinkling over it a little powdered lump-sugar, and covering the sore with linen. Great cleanliness in and about the wound is essential.

CHOKING.

In ordinary cases of food "going down the wrong way," eating a piece of bread, or drinking a little water, will generally put matters straight; but when a person begins to turn purple or black from his efforts to dislodge the offending particle of bone, meat, &c., no time should be lost in taking more active measures. A glass of water thrown *suddenly* into the face, followed by or conjoined with a sharp slap on the back, will often effect the purpose. If it fails, it is useless to repeat it; it is the suddenness of the movements which are likely to relax the spasm. I have known a glass of port wine, with a charge of coarse gunpowder, relieve a patient; but whether the coarseness of the grain of the powder, or the full glass of port being suddenly swallowed, relaxed the spasm, it is impossible to say; perhaps both had a share in it. If surgical assistance is at hand, it should at once be sent for, because, unless the attack prove speedily fatal, there is a good chance of the surgeon being able to push the obstruction down, or extract it. The messenger should be sure and tell the medical man the nature of the case so that he may be prepared.

COLD, THE RESULT OF EXPOSURE TO EXTREME.

In the treatment of a person who has been so long exposed to *extreme cold* as to be in a torpid and apparently lifeless state, *great* caution is necessary in the employment of warmth, since its too quick and free application will undoubtedly produce mortification, and endanger life. The body should be first rubbed all over with snow or very cold water, and after active friction of this kind has been continued for a quarter of an hour, it should be wiped perfectly dry, and submitted to the friction of warm hands, several persons being engaged in the process simultaneously. The body ought not, in the first instance, to be brought into a warm room, but, after the friction with cold water has been continued for the period specified, and the body been wiped dry, then removal will be very proper and necessary, and it should be laid in flannel. Warm air may then be breathed into the lungs, and a little lukewarm wine and water, in small quantities at a time, given, until sufficient power is recovered to allow of more powerful restoratives being given. If, however, the person gives no sign of life, at once imitate respiration. (See "Drowned.")

DISLOCATIONS AND FRACTURES.

As regards dislocations, it need only be said that the sooner attempts at reduction are made after the

accident, by one qualified to make the attempt, the better. The same observation applies to the case of fractures. It is of great importance, till the assistance of a surgeon be obtained, that the injured parts be placed in a position at once the most comfortable to the sufferer, and in which a further injury is least apt to occur. The recumbent posture should, as a general rule, be maintained; and in the instance of fracture, all motion of the broken bone should be prevented by the application of splints made of wood or pasteboard, the sides of a hat, or anything at hand, along the limb, retained by a firm bandage. If bleeding to any extent has occurred, a handkerchief should be tied very tightly round the limb, above the seat of fracture, and a pledget of rag or lint wrung out of cold water applied over the wound. Those who wish to obtain a more thorough knowledge how to assist themselves in *accidents, &c.*, will obtain excellent information in a most useful little work entitled "First Help in Accidents.'

DRINKS, INSENSIBILITY FROM INTOXICATING.

Before attempting to treat a man suffering from the effects of drink, you must first ascertain that he *is* so suffering, and that his insensibility does not arise from a fall, or other injury to the head, or from a fit of apoplexy. A medical man will of course be the best judge, and no time should be lost in send-

ing for advice, if it is to be had ; but, in the absence of this, it will be well to know that a man insensible from drink generally smells strongly of drink of some kind. The bystanders will frequently be able to give the proper clue to his real state, but it must not be forgotten that he may have received some injury to his head while in a *partially* inebriated condition.

A person much intoxicated ought to be carried, without delay, where this is possible, into a room of moderate temperature, and placed in bed between the blankets, with his head raised, particular care being taken that his neck is in no way twisted, or has anything tight about it. Indeed all close bandages on the body should be loosed ; and if the individual is desirous of drink, to quench his thirst ; the simplest beverages will be the best, such as tea, or toast and water. An emetic of mustard and water will be of much service, if he has been drinking just before his attack, and a good aperient dose of epsom salts or castor oil will in most cases be of much use in restoring him to his senses.

Where the patient is irritable and violent when drunk, a teaspoonful of strong sal-volatile in a wine-glassful of plain water or camphor julep, will generally mitigate the symptoms. It may be repeated when necessary.

All persons liable to be overcome by drink should alter their habit of life. Early hours, plain food, with no stimulant, if possible, and plenty of exercise, conjoined with the daily use of the cold hip or

shower bath, should be the rule laid down. Like smoking, drinking *can* be left off *at once*. It only requires moral control and self-denial for a short time. Any depressing effect left *at first*, will be easily met by taking more food, &c., and by a firm determination to let nothing and nobody induce him to break through the resolution he has formed.

DROWNED, RESTORATION OF PERSONS APPARENTLY.

In the first place, treat the patient instantly, on the spot, in the open air—exposing the face and chest to the breeze, except in severe weather.

To clear the throat, place the patient gently face downwards, with one wrist under the forehead, in which position all fluids will escape by the mouth, and the tongue itself will fall forward, leaving the entrance into the windpipe free. Assist this operation by wiping and cleansing the mouth. If there be breathing, wait and watch; if not, or if it fail then to excite respiration, turn the patient well and instantly on the side, and excite the nostrils with snuff, hartshorn, volatile salts, or the throat with a feather, &c., and dash cold water on the face, previously rubbed warm.

If there be no success, lose not a moment, but instantly begin to imitate respiration, thus:—Replace the patient on the face, raising and supporting the chest well on a folded coat or other article of dress; turn the body very gently on the side and

a little beyond, and then briskly on the face alternately ; repeating these measures deliberately, efficiently, and perseveringly about fifteen times in the minute, or every four seconds, occasionally varying the side.

On each occasion that the body is replaced on the face, make uniform but efficient pressure, with brisk movement on the back between and below the shoulder-blades or bones, on each side, removing the pressure immediately before turning the body on the side. (The first measure increases the expiration, the second commences inspiration.) The result is, respiration, or natural breathing, and if not too late, life.

After respiration has been restored, promote the warmth of the body by the application of hot flannels, bottles or bladders of hot water, heated bricks, &c., to the pit of the stomach, the arm-pits, between the thighs, and to the soles of the feet.

To induce circulation and warmth, during the whole time do not cease to rub the limbs upwards, with firm grasping pressure and with energy, using handkerchiefs, flannels, &c., (by this measure the blood is propelled along the veins towards the heart.) Let the limbs be thus warmed and dried, and then clothed, the bystanders supplying the requisite garments.

Cautions.—Send quickly for medical assistance, and for dry clothing. Avoid all rough usage, and turning the body on the back. Under no circumstances, hold up the body by the feet, nor roll the

body on casks, nor rub the body with salts or spirits, nor inject tobacco-smoke or infusion of tobacco. Avoid the *continuous* warm-bath. Be particularly careful to prevent persons crowding around the body.

General Observations.—On the restoration of life a teaspoonful of warm water should be given, and then, if the power of swallowing have returned, small quantities of wine, or brandy and warm water, or coffee. The patient should be kept in bed, and a disposition to sleep encouraged. The treatment recommended should be persevered in for a considerable time, as it is an erroneous opinion that persons are irrecoverable because life does not soon make its appearance, cases having been successfully treated after persevering several hours.

P.S.—Where infants have been overlaid, &c.; where fainting fits occur; where insensibility is produced by convulsions, &c., precisely the same plan should be pursued as advised here.

LIGHTNING, THE RESULT OF BEING STRUCK BY.

Send at once for advice; and meanwhile administer stimulants, such as sal-volatile and brandy, a few drops at first until the patient gains power to swallow more; and order the patient to be well rubbed with hot flannel all over the body. Electricity is often of great service, but it must be used by one accustomed to it.

POISONING.

It need hardly be said that assistance must be sent for at once; but, meanwhile, as it is of the greatest importance to administer some aid *as soon as possible*, the subjoined directions may be followed. Only those poisons will be mentioned, however, that are likely to be known to, or met with by, the general reader. If none of the antidotes mentioned are at hand, *decoction of linseed, marsh-mallows, milk, sugared water, gum arabic*, or any other mucilaginous liquor may be taken in the meantime.

Oxalic acid, sulphuric acid, or any of the strong acids, (prussic acid excepted.)—The most efficient antidote is *calcined magnesia*; next to this, *soap*, (the common brown,) and then *chalk and water*. An ounce of calcined magnesia should be mixed with a pint of water, and a glassful taken every two minutes, so as to prevent vomiting, and prevent the acid from acting. Should this not be at hand, dissolve half an ounce of soap in a pint of water, and give a glassful every few minutes; or chalk and water (a good substitute for which is common wall-plaster and water, when nothing else is at hand) in any dose will be found very useful.

The use of emetics, or other means of exciting sickness, as the finger, &c., is not advisable here, but the speedy employment of the stomach-pump by the surgeon is highly proper in this and every other case of poison taken into the stomach.

The acid being neutralised by the foregoing means, the inflammation caused by its action is next to occupy our attention. To reduce this, the patient should be placed in a warm bath at about 95°, and the region of the stomach and bowels fomented with cloths wrung out of lukewarm water, until the pain is relieved. Dry heat, when the patient is in bed, will be preferable to moist, on account of the comfort and freedom from moisture. These energetic measures will be assisted by the administration of a drink made with linseed, marsh-mallows, or gum arabic boiled in water. Every sort of food is to be forbidden until the patient is beginning to suffer from its absence, when milk and lime-water, equal parts, or even less milk, in teaspoonful doses may be given every half-hour, and *gradually* increased, until a light broth, or cream, rice, &c., can be borne, and so on, until his usual diet is reached by very slow degrees.

Strong alkalies, (potash, soda, and ammonia.)—Vinegar and lemon-juice are the best antidotes to potash, *and all other* alkaline poisons. A glassful of water, mixed with a tablespoonful of vinegar, or lemon-juice, should be given frequently; and in defect of these, simple water, in such quantities as to cause vomiting. Emetics, and other irritating means, are to be avoided. If this be not sufficient, the treatment by warm bathing, &c., as above recommended, must be followed.

Corrosive sublimate, calomel, arsenic, copper, (such

as verdigris,) *antimony, tin, silver, phosphorus*, (such as lucifer matches,) *nitre*, &c.—The white of eggs beat up with cold water is the best antidote to most of these. In defect of this, milk may be used with great success. Warm water should be given afterwards to induce vomiting, also free purging in most instances. The after treatment should be the same as before suggested.

Lead.—Epsom salts and hard water are the *best* antidotes here—though the remedies before suggested may also be given. If vomiting is not effectually brought on, warm water must be given to assist. When the contents of the stomach have been expelled, sugar and water, or gum water may be given; but should the pain and other indications of inflammation make progress the treatment by baths, &c., must be followed.

Laudanum, (opium,) *hemlock, nightshade, and henbane*.—The stomach-pump is here of the greatest service; but, like many other instances, the surgeon is rarely at hand to use it. If this is the case, an emetic of warm mustard and water, or salt and water must be given and repeated, until vomiting is freely produced. Cold water should be dashed over the body, and a little may be allowed to fall into the ears. Beating the palms of the hands and soles of the feet, and the application of strong mustard poultices to the limbs may prove useful. If the individual be seen in the drowsy state, before insensibility has been produced, it is of the utmost

consequence to prevent the establishment of that condition ; and this is best effected by causing him to walk up and down in a cool apartment, with the assistance of two persons, one on each side. This may be occasionally varied, by placing the patient in a chair in the *open air*, and watching whether he revives, or otherwise ; if the latter, of course, the *walking* must be resumed. The application of galvanism is a powerful means of rousing the nervous energy, which is dormant ; and direct efforts to maintain respiration (*see* “Drowning”) should not be neglected.

Vinegar and lemon-juice are the best antidotes to these poisons ; but they must not be given until the stomach has been evacuated. After the poison has been altogether ejected, or nearly so, a cup of water, strongly acidulated with vinegar or lemon-juice, should be given every five minutes, this may be alternated with a *strong* cup of coffee, and the limbs be rubbed with a piece of flannel, or a flesh brush. [If the poison has been taken some time before the patient is treated, emetics will be useless, and the antidotes should be given at once.]

The use of the coffee and acidulated water must be continued until the patient is out of danger. The dashing of cold water on the surface of the upper part of the body should likewise be continued till recovery is insured. The powers of the system must also be supported by giving sal-volatile, brandy, and other cordials.

Poisonous mushrooms.—The same treatment as advised under laudanum is proper here.

Prussic acid.—If the patient is seen immediately after he has taken the poison, vomiting should be excited at once and effectually; if, however, even an hour has elapsed, emetics will be useless, and stimulants alone will be of any avail; strong smelling salts should be held under the nose frequently, sal-volatile given internally, as well as brandy or wine, and strong coffee may be taken. The best medical antidote is carbonate of potash, followed by the mixed sulphates of iron, whereby the poison is converted into Prussian blue.

Laburnum seeds and bark.—Give emetics, and when they have acted, restore the patient by stimulants, &c.

Foxglove.—Give emetics, followed by the exhibition of vegetable infusions containing tannin, as galls.

Monkshood, or aconite.—Treat by emetics, followed by stimulants, &c.

Stings of the viper, rattle-snake, scorpion, &c.—The first thing to be done in these cases, if called early, is to place a bandage, such as a handkerchief, rather tightly, immediately above the wound. The bandage should not be so narrow as to irritate the skin; nor should it be continued too long a time, as it favours, if long continued, the development of gangrene. But the most direct and efficient means

of counteracting the absorption of the poison is suction, and this is most effectually done by exhausting a cupping-glass over the wound. The cupping-glass must be applied as soon after the injury as possible, and kept exhausted until all danger has passed. It has been proved that the bites of vipers, both on man and animals, were rendered entirely harmless by the application of these glasses. Non-medicos do not, it is true, generally know how to apply them; but as good medical advice is rarely at hand on these occasions, it would be well worth while for those who contemplate residing or sojourning amongst these creatures to *learn* how to apply them, and to keep one or two in their baggage. Many a valuable life may be thus saved. Even the juice of the deadly upas tree of Java, and prussic acid, have been inserted into wounds made in small animals, and the application of the cupping-glasses has counteracted any deleterious effects.—DR BARRY.

If the cupping-glass be not at hand, it has been said that *sucking* the poison out of the wound, spitting out what has been extracted, has been very beneficial, if the patient is seen sufficiently soon. However, a mixture of equal parts of pure ammonia and oil should be applied to the wound and the swelled parts, whether the wound be sucked or not, in the absence of the cupping-glass. When the principal symptoms are diminished, remove this, cover the wound with a rag dipped in sweet oil, and

rub the limb from time to time with the same oil mixed with a small quantity of pure ammonia—strong sal-volatile would answer instead, though less effective,—in the proportion of an ounce of the former to twelve drops of the latter, (or two teaspoonfuls of sal-volatile.) If the swelling be very considerable, and the pain acute, remove the ligature.

At the same time, sal-volatile must be given internally in a dose of half a teaspoonful or less in a wine-glassful of water, every half-hour in the beginning, if necessary, and afterwards every two hours.

If the case be urgent, as in the bite of the cobra de capello, or rattle-snake, great dependence may be placed on a free use of the caustic ammonia externally, and sal-volatile internally.

A small glass of Madeira or sherry may also be given, and the patient is to be placed in bed, well covered, and perspiration promoted as much as possible, by giving hot drinks, such as tea, whisky, &c., (*see also* "Hydrophobia" as to inducing perspiration;) more stimulants, broths, &c., must be given if the strength fails. If, on the contrary, the symptoms diminish, and the individual enters upon a state of convalescence, no solid food must be allowed during the first few days; but only a small quantity of light thin broth, with bread and light pudding.

The guacho plant of America is peculiarly efficacious in counteracting the injurious effects of these poisons. The Indians swallow one or two table-

spoonfuls of the juice of this plant, and inoculate themselves with it in five or six wounds, which they make principally in the side of the chest and between the fingers.

Stings of the wasp, bee, tarantula, &c.—It is sufficient in our climate to rub the parts with a mixture of one or two parts of olive oil, and one part of sal-volatile. The same application is of great service in the stinging of the *mosquito*. If, as happens abroad sometimes, the symptoms run high, caustic ammonia, &c., must be applied, as suggested for the sting of the viper, &c.

Whenever the sting of the insect has been left, it is advisable to extract it.

Poisonous fish.—First evacuate the stomach by emetics, (mustard or salt in warm water,) after this mix two tablespoonfuls of vinegar or lemon-juice in half a pint of water, and let this be taken as a common drink. If the symptoms grow alarming, the use of a little strong brandy and water, or good Madeira wine, with a little sal-volatile in each draught, would be proper.

SPRAINS.

The great remedy is rest; when severe, rest for days, to save weeks; the main adjuvants, warm fomentations at the time of accident, to prevent or reduce the swelling and pain, and arnica, applied by means of rags to prevent pain and give strength to

the part. Indeed many people apply arnica from the first, and I have myself seen very beneficial effects result from so doing, and much pain and trouble saved to the patient. The *tincture of arnica* is the preparation used. If the skin is *not* broken, about twenty to thirty drops, or even in severe cases sixty drops may be added to a wine-glassful of water. If the skin is broken, or any abrasion is present, the strength of the tincture must be considerably reduced; from five to ten drops will then be sufficient, and if any redness or inflammation occurs in or about the sprain, in consequence of using the lotion, leave it off at once and use only cold water. A firm bandage will be useful to support the part. Walking should, for a considerable time, be only sparingly indulged in after a severe sprain.

PART III.

SUGGESTIONS REGARDING THE MANAGEMENT OF THE SICK-ROOM, INCLUDING THE PREPARA- TION AND APPLICATION OF CERTAIN REMEDIES.

It cannot be too constantly held in remembrance, that the beneficial action of remedies in diseases is only secondary to the operations of nature. There is a tendency, in most maladies, to a spontaneous favourable termination, or, in other words, to recovery, and the great object to be kept in view in their treatment is, so to dispose the patient that, to the fullest extent, this wise and bountiful provision of nature may be made available. In some diseases, and more especially in acute inflammations and febrile disorders, this favourable tendency is more clearly discerned than in others. But, besides the element of recovery now adverted to, there is equally clearly visible, in many diseases, an unfavourable tendency—one towards death; and this it is the province of the physician, by the judicious employment of all the means in his power, if possible, to

avert. A meddlesome interference with her own processes nature is apt to resent; the timely use of many remedies is, on the other hand, frequently so very evidently efficacious as to satisfy all candid and capable minds of the eminent usefulness of the healing art. The exhibition of medicines, though in many cases a most important part, is still only a part of the required treatment of diseases; there are many other equally important particulars which demand attention in the management of the sick-room. To some of these reference will now be made.

THE SICK-ROOM.

Its ventilation and temperature, &c.—If it be necessary, for the due maintenance of health, that these particulars in the choice of an apartment be attended to, equally, if not more important is it in the management of the sick-room, that they are not neglected. A room of tolerable dimensions—large rather than small, possessing, in this country, a southern exposure, neither apt to be unduly heated by the sun, nor, on the other hand, rendered dull from its absence, is the kind of apartment most suitable for the sick; it is still more appropriate if, in immediate connexion with such a room, there be another room—and that may be of smaller size—in which a nurse or attendant may sleep, and the various little operations—culinary, and the preparation of medicines, &c.—may be carried on with-

out the risk of annoying the invalid. In the sick-room there should certainly be a fire-place—that *essential* for all proper ventilation; in summer weather, supposing the season to be genial, to remain open, not closed up, as is often seen, by a wooden board; in winter, occupied by a moderate fire. The temperature of the sick-room should be kept as equal and as steady as possible; there will always, however, be a range of some extent; the object is to keep that as moderate as can be; from 60° Fahrenheit—that is, 5° above temperate—to 65° of the same scale may be allowed as most suitable, though it will often be found that, even with the exercise of much care, the temperature either falls below or rises above these points. The safest method for speedily reducing the temperature, if it has risen too high, is by keeping the outer door of the apartment open; or if there be the second room, the convenience of which has already been referred to, the window in it may be opened for a short time, while the door of communication between the rooms is so also. If it be necessary to open the window of the sick-room, it had better always be done from above, and while the door of the apartment is closed.

Bed.—Whatever the precise fashion or shape of the patient's bed is, it should be so constructed as to permit the free circulation about it of the air in the room. Four-posted beds, with curtains, are the least desirable. A simple iron bedstead, furnished

with a curtain, which can be readily withdrawn, and which, when closed, does not make a very near approach to the patient, is perhaps the most so. In infectious fevers, it will be better to dispense with curtains, vallances, &c. The bed should be so placed as not to stand directly in the way of any draught which, for the purpose of ventilation, it may be necessary to create. It should, if possible, not occupy a position directly between the entrance door and the fire-place, or between the window and the fire-place. In bed, the patient should lie with the back to the window. A hair mattress is, upon the whole, the most suitable for all patients, a feather-bed never so. Straw is preferable to that. As regards the requisite or suitable amount of bed-clothing, a difference must be allowed to exist, according to the precise nature of the malady from which the patient suffers. In febrile and inflammatory diseases, specially such as are accompanied by great heat of skin, the patient is very intolerant of covering; and, unless there be some exceptional reason in the case, such as an unusual susceptibility to be affected by cold, nature's promptings—for such they are—may be attended to and acted upon. Generally speaking, the patient is the best judge of the amount of coverings required. In the early stage of the eruptive febrile complaints—measles, for example—the coverings should be ampler, until such time as the eruption is fully developed, than there is any occasion for thereafter—though, in the

instance cited, measles, as already stated in Part I., all due precautions against exposure to cold must be adopted. It is scarcely necessary to observe, that the room occupied by the patient should be, as completely as possible, removed from the inconvenience of noise. There are many ailments which are peculiarly apt to be aggravated by sudden or loud noises; such as fevers, and all forms of nervous maladies. Gas is, generally speaking, a great comfort in the sick-room, if it be so arranged as to be readily screened, because with many patients there is a great intolerance of light.

MODE OF PREPARING A FEW SIMPLE MEDICINES, &c.

Mustard Poultice. — As much water should be added to a certain quantity of mustard as will, on being well mixed, form it into a thin paste. This is to be spread out over a portion of cambric, muslin, or fine cotton, covered with another piece, and thus applied over the part, whether that be the throat, chest, or stomach, &c. To produce the desired effect, which is generally manifested by a considerable degree of redness, and by a feeling of heat and discomfort, the sinapism requires to be applied for from twenty to thirty minutes, (in case of children, a shorter time suffices.) The poultice being removed, a little cotton-wadding, or a linen or cambric handkerchief, may be placed over the part for a brief period. The addition of bread crumbs

serves to diminish, that of a little vinegar to increase, the irritating power of the mustard.

Turpentine is best applied sprinkled over flannel which has been dipped in hot water, and then thoroughly wrung. For this purpose, one or two tablespoonfuls of the spirit are generally sufficient. Flannel may also be wrung out of pure turpentine, (*see Part I.*)

A Rising, or Fly Blister, may of course be made of various dimensions and shapes, according to the part of the body it is required to cover. Usually, it is necessary for a period of ten hours to elapse before the cuticle is raised over a collection of serous fluid. If applied at bed-time, a blister may, generally speaking, be considered as ready for removal at an early hour the following morning. When the scarf-skin is raised, it may be gently punctured with a needle, or cut with a pair of scissors, and, as the fluid drains away, permitted to fall down. Cotton-wadding should then be applied, and allowed to remain till the blistered surface becomes dry. In the case of children of tender years, fly blisters are to be regarded as unsuitable applications.

Ice.—In allaying the sensation of sickness, and relieving vomiting, in allaying the feverish thirst in fevers, and in all affections where there is restlessness, ice is invaluable. It should be obtained from the nearest depôt, in a block of half a hundredweight or one hundredweight, and should be kept in the cellar, covered with flannel,

and only uncovered for a moment when the pieces required are broken off; and this should not be done oftener than necessary, on account of the air melting the block. Bran will keep the air out well also. If there is an old feather-bed in the house, the ice may be covered up in it, as feathers prevent the access of air better than anything.

Sulphur.—The dose, as a laxative for an adult, is a small teaspoonful; it is very useful when combined, as in the lenitive electuary; or it may be mixed with treacle, equal parts, forming the old brimstone and treacle.

Lenitive Electuary.—This is an excellent aperient for delicate people and children, and when combined with an equal quantity of flowers of sulphur, is a very good remedy for piles, &c. Dose, one or two teaspoonfuls.

A chemist will make it up, and any quantity can be ordered. It is best obtained frequently, and in small quantity at a time.

Recipe.—Best senna leaves, (*the stalks*, both large and small, being carefully omitted,) in very fine powder, four ounces; pulp of prunes, one pound; pulp of cassia, one quarter of a pound; pulp of tamarinds, three ounces; treacle, or simple syrup, a pint and a half; essential oil of carraway, two drachms.

Boil the pulp with the syrup or treacle to the thickness of honey, then add the senna, and, when the mixture is nearly cold, the oil of caraway; finally, mix the whole thoroughly together.

Dandelion.—A useful alterative medicine, specially in cases where the function of the liver is at fault. Dose of *the fluid extract*, a dessert-spoonful, twice daily, with or without a little water.

Warm Bath.—The temperature of the warm bath should not be higher than 100 degrees Fahr. for an adult; a few degrees lower for a young child.

Steam or Vapour Bath.—Vinegar added to the water used, or used alone, as when hot bricks are wrapped up in flannel which has been soaked in vinegar instead of water, is preferable to plain water, as it prevents odours, and is far more agreeable. (See “Hydrophobia.”)

Carminative Mixture.—To be only given as a *dernier ressort* in teething, &c., where a little child is in great pain from indigestion, and then even only a few doses should be given. A *good* chemist should make it up; and if the child appears to become at all drowsy, *as the effect* of taking the medicine, it should at once be omitted, and fresh air allowed to play upon the child’s face. The effect of each dose should be carefully watched.

Recipe.—Oil of aniseed, 6 drops; magnesia, 25 grains; rhubarb, 6 grains; laudanum, 6 drops; sal-volatile, 40 drops; water, 2 ounces. Dose—a teaspoonful occasionally; not more than three a day to an infant, scarcely as much; and for one of a few weeks old, or younger, it requires to be mixed with an equal quantity or more of water, as the sal-volatile, &c., are too strong.

The following may be substituted, if the mother or nurse is too anxious to use the other. The dose is the same.

Recipe.—Carbonate of soda, 32 grains ; aromatic confection, 2 scruples ; aniseed water, 2 ounces.

Instead of using either of these, it must be remembered it will be far more satisfactory to send for advice, if it is to be obtained.

Podophyllin Pills : Recipe—Powdered resin of podophyllin, 1 grain ; extract of henbane, 12 grains ; extract of taraxacum (dandelion,) 12 grains. Mix. Divide into six pills. One to be taken every night. (See “Liver.”)

Gray Powder.—Should be obtained by itself from the chemist in a little powder, containing the number of grains ordered in the particular affection.

Senna.—This may either be taken in the form of the lenitive electuary, or in that of the *fluid extract*, obtained from the chemist. Directions as to dose, &c., are upon the bottle.

PART IV.

SUGGESTIONS AS TO THE PRESERVATION OF HEALTH, (DIET, EXERCISE, SLEEP, &c.)

THE prevention of disease is a subject of interest equally personal and important as that of its cure. It is certainly not going too far to say that a very large amount of disease, and therefore of death, is preventable. Specially does this hold true of those affections which are most apt to occur in infancy and childhood, and which, possibly originating in such causes as neglect and want of proper management and care, are at all events rendered infinitely more serious and fatal through their instrumentality. Public attention has been fortunately of late much more directed to the important subject of hygiene; and there are comparatively few persons of any education who do not now see the immense influence which habits of domestic and personal cleanliness, a free atmosphere, well-regulated drainage, proper clothing, and sufficient as well as wholesome nourishment, have on the comfort and health of indivi-

duals, and, through them, indirectly on those of the community at large. A few brief observations will now be made upon certain of the most important particulars in relation to the preservation of health.

Diet.—While, by common consent, it is acknowledged that certain circumstances, and more especially age, render a great difference in diet absolutely necessary, there can be no manner of doubt that *far too little allowance* is generally made for the very various positions, circumstances, and relations of individuals in respect to this most essential point. The diet of the infant, nature, with unerring wisdom, has provided, and she has indicated when other articles of food are to be employed. These should, in the first instance, be farinaceous alone. Liebig's food for infants, rusk, arrowroot, sago, rice, being the chief and most suitable; and with more of the same kind, cow's milk being substituted, after weaning, for the mother's or nurse's, may the child during the first two or three years of life be fed.* There may occur circumstances rendering the occasional, even frequent, employment of other articles (animal soups, for example,) requisite, but in the case of a healthy child, the former restricted plan is vastly preferable. While yet a child—in other words, during the first seven years—unless to meet

* In preparing food for infants, flour wrapped in a bag, and boiled till quite hard, then broken up and powdered, is often better digested than flour dried in an oven.

certain indications, it is well to permit the farinaeous articles to enter largely into the diet as a whole; these, including bread, with well-cooked vegetable broth, animal soup, the lighter vegetables, and the gravy of roasted meat, should be the staple; tender chop and steak, or fowl, the occasional or even frequent varieties. There will, however, be exceptions to this rule; some children who have got several teeth, are growing fast, are active in their movements, and who lose ground on the above plan, must be allowed meat daily in addition to the nourishing soups, &c., suggested. There comes a time—and the occurrence of the second dentition (*i.e.*, the time of the second teeth) must be regarded as marking it—when the regular use of more substantial food is required; and after the sixth year, it is probable that the due admixture of animal and vegetable food is the most suitable and appropriate diet. An early hour of the day is best suited for the principal meal of children. The growing youth, with keen appetite, often requires to be repressed rather than encouraged in respect to food, though there is no doubt that, at such a time, a liberal allowance of what is nourishing is demanded. Of ordinary animal food, beef and mutton are the most nutritious, and when well cooked—particularly roasted—may be considered as easily digested as any other. Old meat is certainly preferable to young in both respects; beef to veal, mutton to lamb. Steak and chop, with roast-beef and mutton, form the

very best varieties. White flesh (fowls and game) is an excellent occasional substitute for so-called butcher-meat, so also is white fish. It is undoubtedly easier for the stomach, and therefore, generally speaking, a better plan to partake in moderation at dinner of a few different articles rather than to be restricted to one. A dinner composed of a little soup, followed by a moderate allowance of beef-steak, mutton, or beef, roasted or otherwise cooked, or one composed of white fish, with any of the articles named, is better than if the whole repast had consisted of beef-steak, which, under such circumstances, with a good appetite, would be likely to be taken in too large an amount. While beef and mutton are specially referred to, a variety may be secured, from time to time, by substituting pork, veal, lamb, venison, &c. A well-cooked pudding is a wholesome addition to dinner; pastry and dumplings, and all things of the same kind, should be only moderately, and very occasionally, indulged in. Fruits as dessert, or at an earlier part of the day, are not merely agreeable, but, in the case of many persons, exert a salutary effect; strawberries, (the cream and sugar are not necessary,) gooseberries, currants, &c., in summer; figs and prunes, &c., during the winter season. For the proper exercise of the function of digestion, it is very necessary to observe regularity of meals; not to make long fasts; not to be in a hurry when eating, and so bolt the food; but, by careful mastication, commit it to the

stomach already as well prepared as the teeth can (and ought to) make it for digestion there. It should be always remembered that, when food has reached the stomach, it remains for sometime undergoing a process of solution. This process takes, in health, as a general rule, from two to three hours; and while it lasts, nothing more in the way of food should be taken. It is a very injurious habit to make, as is so common in this country, a regular meal at tea some hour or so after a hearty dinner. The introduction of bread and butter into the stomach so soon after animal food has been swallowed serves to delay the digestive process, and hence arises all manner of uneasiness and gastric disturbance. A far better plan is, two hours after dinner, to take a single cup of warm tea or coffee; and if the former meal has been made at an early hour of the day, and more food is required, let a light supper at a later—though not late—hour be made.

In regard to the quantity of food to be actually taken, this must be regulated much by the appetite, the supply required, and the state of health of the individual. The appetite is, in general, the great indication of health, and where the stomach is in a healthy state, it relishes almost every kind of ordinary nourishment that is presented. This being the case, we are to be regulated in a great measure in the quantity taken by the appetite, a due regard being paid to the supply necessary, and the state of

the system as it respects health or disease. Satiety is the natural consequence of repletion, and before this takes place the stomach itself gives the alarm. The strong, robust, and active, require a larger quantity of food than the weak, delicate, and sedentary; infants need less than children, and children than adults; and the aged ought to lessen their quantity of solid aliment in proportion to their age, and the strength of their digestive functions. Women, in general, call for much less food than men, and all persons should take a smaller quantity in the relaxing days of summer than during the cold of winter. As a general rule, also, the quantity taken in a state of disease should be less than in health, and this applies equally to acute or chronic diseases. It is a common error among patients to suppose, that by increasing the quantity of their food they will augment their strength, and become better able to throw off their disease; for the reverse is the truth. The diet in their cases requires to be most carefully regulated so as to subdue the irritation in the digestive organs, and so assist to cut short the disease which is going on. In convalescence the same precaution must be taken, and a return to ordinary diet made by slow and careful stages; otherwise, the disease may return with aggravated force, and the result may be very serious.

There are three kinds of appetite: 1st, *The natural or healthy*, which is stimulated and satisfied with the most simple dish, as certainly as with the

most palatable; 2d, *The artificial*, or that excited by stomachic elixirs, liqueurs, pickles, high-seasoned dishes, wine, &c., and which remains only so long as the operation of these stimulants continues; 3d, *The habitual*, or that by which persons enjoying no considerable stamina accustom themselves to take food at stated hours, but frequently without relishing it. The *true and healthy* appetite alone can ascertain the quantity of aliment proper for the individual. If we were seldom to trespass the due limits of temperance, our natural appetite would be able accurately to determine how much food we may consume with satisfaction and benefit; but the usual physical education of children is so loose and bad, that we rarely meet with a natural and healthy appetite either among them or adults. If after a meal we feel ourselves refreshed, and as cheerful as before it, or more so, we may be assured that we have taken no more than a proper quantity; for, if the right measure be exceeded, torpor, heaviness, and relaxation are the necessary consequences, our faculty of digestion will be impaired, and a variety of complaints gradually induced. The celebrated Louis Cornaro used to speak with delight of the cheerfulness and serenity he felt after partaking of the small portion of food which he was accustomed to enjoy. Before he adopted a spare diet, he was much afflicted with lowness of spirits, heaviness, and debility, and severe bowel complaints were the torment of his life; but his careful and abstemious

diet perfectly cured him of these and other evils. There can be no doubt that the majority of the more respectable inhabitants of Great Britain eat and drink twice as much as is necessary and beneficial, and this is nearly equally true of the same class of persons in most of the other nations of Europe. It is a remarkable fact, that almost all those who have lived to a great age, have uniformly observed a very temperate diet, and in numerous instances of longevity it has been scanty and coarse.

As the quantity of our food ought to vary according to the appetite, the supply required, and the state of the health of the individual, so ought *the quality*. A keen and healthy appetite calls for a daily supply of animal and other solid food, while the patient with a deficient and capricious appetite, will often find a vegetable diet of most advantage. The sedentary and inactive, and those whose constitutions are naturally delicate, do not require such nourishing food as those of a strong robust habit, and others who are daily engaged in laborious occupations in the open air. Infants need less animal food than children, children than adults, women than men.

In regulating the proportion of animal and vegetable food proper in any case, attention must be paid to the season, way of life, and climate. In summer, the quantity of vegetable food should be always increased, whatever our habits may be; the propriety of this is evidently pointed out by nature,

from its abundance at this period. This increase of vegetable food is also the more necessary if the appetite is naturally keen and healthy, as a more strongly nourishing aliment would at this time expose the individual to all the effects of putrescency, which the increase of the vegetable diet will, on the contrary, counteract.

The quality and nature of our food should be in a great measure determined by climate, and there is no doubt that the mortality of warm climates is aggravated by the use of too much animal food, and strong drink. It is a common practice among Europeans in sultry climes to eat plentifully of either fresh or salt meat at breakfast, tiffin, and dinner; this practice is followed day after day, and the only wonder is that a greater mortality is not the result than what actually takes place. A diet of a vegetable nature, with a large proportion of condiment, such as we find used by the natives of these countries, is best suited for the preservation of health. Many Europeans could not, however, live upon this in hot climes, and a *moderate* allowance of animal food will be essential to the maintenance of health. It is only when *this and wines or spirits, &c.*, are indulged in to an *immoderate extent*, that their use must be condemned. On the other hand, in a colder region, a permanence of nourishment is required, which animal food particularly conveys; and as this nourishment is less apt to disorder the stomach and bowels, no great portion of condiment

is necessary, either as a stimulus to the organ, or in order to avoid any hurtful consequences that may arise. The proportion, therefore, of vegetable food is clearly pointed out to be small, and chiefly of the farinaceous kind.

Milk holds a conspicuous place amongst the articles of nourishment. It is an excellent article of diet both for children and adults. When used medicinally, it is often serviceable to dilute it with seltzer, soda, or lime-water. The two last prevent acidity, and make it sit easier on the stomach. To obviate costiveness, which milk is apt to induce, it is often proper to mix brown sugar, or the fluid magnesia with it, or to boil it with oatmeal or veal broth.

It seldom agrees with hypochondriacs, with the plethoric, the phlegmatic, or the corpulent, and disagrees particularly with tipplers, or those addicted to strong liquors.

Cream and butter agree well in moderation, but in excess have the opposite effect.

*Curd*s are not to be recommended.

Cheese is not easily digested, though by producing a temporary stimulus in the stomach, it seems sometimes to assist a little in the digestion of other food. It cannot be considered very nutritious, and being the coarsest part of the milk, is only suited to strong stomachs, and to such persons as use great and constant exercise. It is of a very constipating nature, and should be altogether avoided by those of a

costive habit of body. Toasted cheese is still more indigestible and unwholesome.

Whey is harmless, and is a grateful drink in fevers, &c.

Butter-milk is nourishing and cooling, and is sometimes used with great advantage in wasting or general weakness. Good butter-milk is frequently of much service, both as an article of diet and a remedy in consumption, particularly in the early stage of the *florid* species, so often met with in the young and blooming.

Blanc-mange is by no means so proper for patients and delicate persons as is generally supposed. Unless well made, it is apt to disorder the stomach.

Puddings made with flour are for the most part wholesome, when taken in moderate quantity, but are not so easy of digestion as bread or animal food. Perhaps the most indigestible are the hasty, batter, and Yorkshire puddings, unless they are made *very* light indeed. The *vermicelli* and *macaroni*, as well as all dishes made of flour mixed up into paste, and either boiled in water or stewed in butter, are indigestible, and ill calculated for patients and convalescents, to whom they are frequently administered. All unfermented pastry is pernicious.

Barley is a very useful and wholesome vegetable.

Oats, when genuine as *oatmeal*, is also very useful.

Rice is also nutritious. It is easy of digestion, when taken in conjunction with some condiment, as cinnamon, nutmeg, allspice, and the like. These

additions make it more palatable, as well as more wholesome, and obviate its tendency to confine the bowels.

All vegetables of the pulse kind are liable to strong objections as articles of diet for civilised man. They are very indigestible, heating, productive of great flatulency, and contain little nourishment. Both peas and beans, whether green or dried, oppress the stomach, and are fit to be eaten only by the strong and laborious. Pea-soup is particularly indigestible and unwholesome.

French beans, however, are among the best vegetables our gardens produce, *i.e.*, the young green pod, eaten as it usually is in England.

The best pot-herbs are *asparagus* and *artichokes*, more especially to those troubled with gravel. *Young spring greens* and *cabbages* are wholesome, but after the spring season they become indigestible, flatulent, and pernicious. *Young broccoli* and *cauliflower* are also useful vegetables. *Spinach* often disagrees.

Salads, lettuce, and all undressed vegetables of this kind, contain little nourishment, and are not much to be recommended. Blanched lettuce, being soporific, may sometimes be used advantageously at supper by those who are frequently distressed by restless nights.

Of the esculent roots, the *potato*, *turnip*, and *onion* are the most wholesome. We may consider it an unerring rule, that any kind of aliment for which we feel a natural and permanent appetite is salutary.

and conformable to our nature. The dry mealy sort of potato is the most easy of digestion, and the simplest way of preparing them for the table is the best. Mashed potatoes are difficult of digestion. Onions assist digestion, although they cannot be considered very nourishing; they are best suited to persons of a cold and phlegmatic habit, and those whose stomachs require a stimulus. *Parsnips*, when boiled well, are nourishing and wholesome, and so is *celery*.

Carrots, and especially all kinds of *radishes*, are rather difficult of digestion, and unwholesome.

The best kinds of fruits are *apples*, *pears*, *gooseberries*, *raspberries*, *red and white currants*, *grapes*, *peaches*, *apricots*, *strawberries*, and *oranges*. Of course they are wholesome only when *quite ripe*; and of apples and pears, the more mellow and tender the fruit the better. *Cherries*, *plums*, *olives*, *cucumbers*, *melons*, *pine-apples*, and all kinds of *nuts*, are in general difficult of digestion, and fit only for the strong and active. *Black currants* have a strong tendency to affect the bowels, and are not very wholesome.

As regards drink, we ought to drink only when we are thirsty, and to desist when the thirst is quenched. The more we eat, and the drier our food is, the more we ought to drink *in moderation*.

The phlegmatic require less drink than the sanguine and choleric, the sedentary than the laborious, and all persons need less in winter than in summer.

To drink immediately before a meal is improper, because the stomach is thereby distended, and the gastric juice diluted, and digestion, consequently, cannot proceed in so favourable and perfect a manner. Hence, to avoid the necessity of drinking, it is advisable not to take violent exercise immediately before dinner. It is also somewhat objectionable to drink much during the time of taking food, as the same consequences ensue as from drinking directly before a meal. To take a small quantity of drink at the time of meals is natural and proper.

Tea should not be taken too hot or too strong, and the addition of milk and a little sugar renders it more wholesome. Individuals of a rigid and solid fibre are less injured by it than those of an opposite habit; but none should take more than three *small* tea-cupfuls morning and evening.

All *green* tea is exceedingly pernicious, having a strong tendency to injure the stomach and bowels, and the whole nervous system. Medicinally, tea is occasionally of service in cramp of the stomach, flatulency, &c., and to relieve the sensations of oppression and weight at the pit of the stomach, so frequently accompanying indigestion and bilious complaints. It is, however, worthy of particular notice, that few things injure the dyspeptic more than an immoderate indulgence in this or any other warm slop.

Coffee is heating, and does not sit so easy on the stomach as tea. The weakly and delicate generally

find it difficult of digestion, and it is not proper for those troubled with indigestion; yet it is sufficiently wholesome for occasional use. It is most wholesome when made of moderate strength.

Chocolate is more nourishing, and less heating than coffee. It is commonly made much too thick, and with too much milk, which renders it oppressive to the stomach. It should be made with water, and of a moderate consistence, and milk added afterwards. It is thus well adapted to the nervous, the delicate, and those of a confined habit of the bowels. It is improper for the corpulent, and those disposed to inflammatory diseases or apoplexy.

Cocoa, when not made too heavy, is a wholesome drink, and suits the same class as chocolate.

Good home-brewed beer is much more suitable to the condition of patients in general than either wine or brandy and water. As beer is very nutritious, it is chiefly suited to persons who lead a busy and active life. It is, indeed, very useful for the weak and the laborious, provided they are not subjected to flatulency. With some sedentary and bilious persons it does not agree so well; and it is improper for the corpulent and the asthmatic, and those who are liable to giddiness, and other complaints of the head. The beer should not be very strong, and of middle age. Bottled beer is, on account of the fixed air it contains, more refreshing than the barrelled; but care must be taken that it does not operate too freely upon the bowels. *Porter*

is by no means so wholesome for daily use as good and pure beer. It is very apt to induce drowsiness, and consequently is improper, whenever there is a tendency to headache, apoplexy, &c.

As regards *wines*.—*Sweet* wines are nourishing, and may sometimes be useful to the weak and convalescent, but they are *not* so wholesome as the wines in more common use. The *acid wines*, as the *Rhenish and Hock*, are the least healing, and are well calculated for consumption in hot weather. They should not be used by those liable to gravel. It ought to be observed, however, that with some delicate persons, the best Rhenish wines agree very well, and are less liable to ferment than many of the stronger wines. The *dry and strong wines*, such as *Sherry, Madeira, and Marsala*, and the *dry and light*, as *Burgundy, Claret, and Hermitage*, are the most wholesome; they are more cordial than the acid ones, and can be taken with safety in greater quantities than the sweet. The gentle astringency in genuine claret, renders it, in the opinion of many, on the whole, the most wholesome of any strong liquor whatsoever to be drunk plentifully. *Port* is a strong astringent wine, and, when not mixed with more than a very small portion of brandy, (*i.e.*, mixed by the exporter, &c.,) is generous and stomachic, and well suited to the generality of British constitutions in tolerable health. It is well calculated for cold and moist weather; but like other red wines, is apt to occasion confinement of the

bowels, which renders it very objectionable to those who are habitually costive, and makes a change to white wine frequently advisable even to those who are not.

Sparkling brisk wines, as champagne, inebriate more speedily than the stiller wines, but the morbid excitement is of short duration, and the subsequent exhaustion is comparatively trifling. In feverish habits, Burgundy, port, and the stronger white wines are to be avoided. To those who have a disposition to corpulence, claret, hock, or Moselle, are preferable to every other kind of wine for daily use.

The moderate use of wine, &c., is safe, and often beneficial to those who have passed the meridian of life, but to young persons it is almost invariably pernicious. Children in tolerable health are never strengthened, but always injured by it. As a tonic and stomachic to the aged, three or four moderate sized glasses of good wine after dinner, ought to be sufficient for most men.

Taken medicinally, in small quantities, *ardent spirits* are a powerful cordial, &c., and sometimes prove of much service in cramp or gout of the stomach, chronic spasmodic pains of the bowels, and flatulency. But in their nature, and ordinary effects, they are extremely unfriendly to the human constitution, and should never be taken by those who are desirous of preserving their health, except occasionally as a medicine.

As regards Condiments.—Common salt promotes

the secretion of saliva, and of the gastric juice, and thereby facilitates digestion. It is a natural and necessary stimulant to the digestive functions, and its daily use seems to conduce much to the preservation of health and strength. It is not generally taken so freely as it ought to be by infants and children.

Vinegar, in small quantities, is a grateful and salutary stimulus to the stomach, correcting the putrescency of animal food, and the flatulency of vegetable. Its use is improper in many cases of ill health, especially for gouty persons, and those troubled with red gravel, or costiveness, in green sickness, and for young children.

Pickles are merely vegetable receptacles for vinegar, but the vegetable being hardened by the acid, renders it somewhat difficult of digestion, and, therefore, pickles are not much to be recommended. The pickled onion seems to be among the most wholesome of this sort of condiment.

Sugar is nutritious and laxative. In moderate quantities it is wholesome, but being liable to ferment, is apt, in some constitutions, to produce flatulency, heat, and thirst. All who are troubled with acidity and weakness in the stomach and bowels, should use it sparingly; and those who are anxious to preserve their teeth white and sound, should not make free with it.

Oil, when used as a seasoning to raw vegetables, checks their fermentation in the stomach, and thereby prevents them from proving too flatulent. Used

in this manner, in small quantities, it proves a help to digestion; but when taken in considerable quantities, it has an opposite effect, and lays the foundation for bilious complaints. It seldom, however, agrees with weak stomachs; for, in such cases, even in its mildest state, it easily generates a rancid acrimony, extremely injurious to indigestion.

The aromatic condiments, consisting chiefly of the foreign spices, as pepper, Cayenne pepper, cinnamon, nutmeg, cloves, ginger, and of a few garden roots and seeds, such as garlic, onion, horse-radish, and mustard, are most of them wholesome when taken in small quantities, with food of a flatulent or cold nature, and by persons who require a gentle stimulus. All the varieties of pepper, as well as cloves, garlic, and onions, are heating and stimulating, and should, therefore, be used sparingly, especially by persons of full habit, and those disposed to inflammatory diseases. The best aromatic condiments for frequent use are cinnamon, carraway, ginger, and mustard. Ginger is one of the most agreeable and wholesome spices.

As contributing to the preservation of health, nothing is of greater importance than regular daily *exercise* in the open air. This must, of course, be suited in degree to the strength of different individuals. For the robust, the long walk, or one or other of those athletic pursuits and games so common in this country, are suitable, care being taken that over-fatigue is not habitually induced; for those

whose bodily strength is unequal to such exertions, a short walk, or regular passive exercise on horse-back, or in a carriage, is to be recommended. Generally speaking, it is a good rule never to prevent a child from attempting to walk, however young it may be. When a child seeks to put its feet upon the ground, let it do so ; but do not force it to walk. Until the third year, most children require an hour's sleep in the middle of the day, after which they should be invariably exercised, till they begin to be tired, and may be put to rest at seven o'clock. Children should be in the open air as much as possible.

The daily use of the bath, (the swimming, hip, or shower,) is another very important means of preserving the health. It should be taken quite cold, unless the individual has an unusual susceptibility to the influence of cold applied over the surface of the body, in which case the water should be tepid. A period of five or seven minutes is sufficient for a regular bathe. If the hip or shower bath is used, the water should be rapidly dashed over the body, &c., and no more time used than absolutely necessary ; the body must then be rapidly dried by means of towels, and as soon as the upper part of the body is dried, it should be covered to prevent chill, and so on. Friction with a hair glove and belt, or with rough towels, is of great service after drying the body.

It certainly is of great consequence, as respects

the health of the body, to possess a *command over the passions* of the mind. All physicians agree, that the passions, if given way to, have a strong tendency to exhaust the finest of the vital power; to destroy, in particular, digestion; to weaken the vigour of the heart, and the whole nervous system; and by these means, to impede the important business of restoration.

There are few particulars in which a greater tendency to commit errors exists, than as regards suitable *clothing*; more especially are persons liable to be careless in respect to the usual changing of apparel on the approach of winter and summer, the former particularly. As a general rule, flannel may be considered, in our climate, as the most suitable article to wear next the skin; its bad power of conducting heat renders it the warmest covering in winter, the coolest in summer; in the latter season, moreover, it readily absorbs the perspiration, and is, on that account, much more comfortable than either linen or cotton. There is in some persons' minds a prejudice against it, which it were well in all cases to remove. The Shetland under-garments and shawls, &c., are extremely nice; they are much warmer than ordinary flannel, and much lighter: in washing them, the directions sent must be adhered to, or they will run up a good deal, and get hard. It need hardly be said, that all under-garments should allow free play to the limbs and body; especially should *stays* not be tight.

Young girls should wear stays without any bones or steel, and fitting quite easily. In older people, they should be worn to give support, but not to oppress. Very serious consequences may ensue if this is not attended to. Many people require to be seriously cautioned against too quickly and suddenly displacing the garments of winter by the lighter coverings of summer, whenever a genial change in the weather occurs; the latter, in our climate, often proves quite transitory, being again succeeded by cold, and thus many ailments are originated.

All coverings of the head should be light and airy. The use of the ordinary hat must be deprecated in those people who feel them oppressive, are troubled with headache in consequence, &c. Thick woollen stockings are too heating for ordinary use; they are more suitable for wearing with heavy shooting boots. Angola stockings, or a like material, are the best, being a mixture of wool and cotton, for walking in; while those composed of cotton alone are thinner and more suitable for house wear.

All walking boots and shoes should be of a good strength. Much evil results from the thin shoes and boots worn by young ladies; far better in every way to sacrifice a little appearance to health and comfort. India-rubber goloshes are admirable protections from the wet and damp, when the wearer requires to stand a good deal; but if a

good walk in the wet is to be taken, it will be better to wear a strong pair of boots, because the India-rubber confines the perspiration of the feet, &c., and makes them very uncomfortable. Indeed, it would not be healthy to make a practice of wearing goloshes.

It is a bad habit, in healthy people, to wear boas, or wraps of any kind, round the *throat* when *walking*. The *chest* up to the top of the breast-bone should be most carefully protected; but the throat is far better exposed to a great extent. Of course, the ordinary scarf, or neck-tie, may be worn, but no comforters, &c. In driving, they may be required by many; but those who do not suffer from exposing the throat are better without anything of the kind.

The dress of children is very important: it should be free and easy to a fault, to allow full play for the youthful limbs. It is highly beneficial to expose the legs, arms, and breasts of healthy children to the open air in fine warm weather; but children should especially be protected from *damp*; and knitted spencers with arms should be worn in cold weather. To be healthy, children must be well fed and warm; and directly a child becomes chilly, looks blue, &c., depend upon it, he is either out of order in his digestive organs, or requires warmer clothing. Of course, not forgetting that he *may* be feverish, or otherwise ill.

The amount of *sleep* required for a healthy

person varies considerably, according to age and occupation. The child requires more than the man. The adult, whose brain and bodily powers are daily taxed, requires more than the man who lives easily and works little. There are also very remarkable individual peculiarities as regards the requisite amount of sleep. One person feels refreshed as completely by four, as another does by seven hours of repose. The latter amount may be regarded as, on the whole, the maximum duration of sleep for an adult, in order that both mind and body may be maintained in the highest degree of vigour.

Climate. The choice of climate more directly concerns the invalid than the individual blessed with good health; but the latter, in seeking to preserve one of nature's choicest gifts, may have seriously to consider the question as to the most suitable residence. Let it be remembered, that in almost all large towns, a considerable variety in respect to climate exists; one part of a city is generally more sheltered than another. A choice, too, may be secured between a southern and a northern exposure; and by selecting the former, an advantage to the extent of several degrees in temperature be secured. The medical man will be the best judge as to the particular locality, &c., for the invalid. It should, however, never be forgotten that the medical men *resident* at the particular spa or watering-place which has been recommended, are the *best* judges of whether the waters or the climate will

suit the patient. The patient should be *entirely* guided by the local medical man. He should regulate the patient's diet, exercise, bathing, &c., &c. Unless this is done, much more harm than good may result to the patient.

The question as to whether any particular patient should leave home and its comforts to try a distant spa or watering-place, must be left to the medical man to decide. As a rule, however, it may be said that patients in an advanced stage of disease, who are greatly dependent upon the numerous little comforts of home, had far better remain where they are; for, under the most favourable circumstances, lodgings or a hired house are a poor substitute for the patient's home.

Baths.—As it is an important matter to possess a bath which can be easily and quickly prepared for an invalid, I may mention that Mr Bruin, ironmonger, Stamford, is the sole maker of a particularly useful one. Very little water is required to fill it, and it can be made into a bath for an adult or a child at will. The patient is enabled to recline in it most comfortably, which is no small advantage.

PRECAUTIONS TO BE OBSERVED BEFORE ENTER-
ING A SICK-ROOM, PARTICULARLY WHERE
THERE IS FEVER.

1. Never enter fasting; if it is inconvenient to take refreshment of the ordinary kind, obtain a glass of wine and a biscuit.

2. Do not stand between the patient and the door, if possible. Avoid sitting on or touching the patient's bedclothes as much as possible, and do not inhale the patient's breath. The hands should always be washed in clean water, if the patient has fever, before leaving the room to touch other people or things.

3. After attending a fever patient, &c., change the dress, if possible, and keep the dress in question for visiting the same class of patients. As soon as the epidemic of fever is over, or the particular patient is convalescent, the dress which has been used should be destroyed if it won't wash or there are no means of fumigation at hand, *or*, it must be boiled in water to which carbolic acid has been added. (Directions are given on the bottle as to the amount.) The same treatment must be applied to the bedclothes, &c., which have been used; this has been alluded to in Part I.

For further advice as to "The Management of Infancy and Childhood," refer to, and thoroughly peruse, the excellent works on the subject by Drs Combe or Pye Chavasse.

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